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How to decorate the cottage
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contents

SUMMER 2010

32

EATING IN

44 **Eating In: Flipping over burgers**
Take your next barbecue up a notch with a menu that is sure to impress a hungry crowd

62 **Eating In: Big taste from a small space**
A backyard chef's garden provides fresh herbs, veggies and edible flowers for your recipes

68 **Libations: Yours for the making**
It's easier than you think to make good wine at home

44

FEATURES

16 **HomeStyle: A beachcomber's delight**
Distinctive nautical elements enhance this delightful seaside cottage in P.E.I.

28 **Décor: Away from it all**
Creative and cost-saving ideas on decorating your cottage with personal flair

32 **Building: Cosmopolitan in the country**
This fashion designer's home in Falmouth, N.S. is a historic home with chic, urban appeal

52 **In Depth: Let in the light**
A primer on purchasing the right windows for your home

58 **Décor: All the home's a stage**
Home-staging experts reveal the secrets of decorating a home in order to sell it

16

DEPARTMENTS

12 **Home Currents:** Hot new finds to deck out your patio this summer

14 **Designer Dish: Driven to design**
In conversation with multi-faceted Halifax designer Christopher Joyce

24 **Gardening: A cut above**
How to grow the best cut flowers for bouquets and arrangements

72 **Best Bets:** New and interesting products and services

73 **Source Directory**

74 **Last Look:** Orange crush

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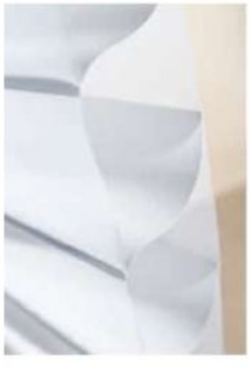

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welcome home

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MY FAVOURITE PART OF SUMMER IS spending time outside on the deck. A patio is essential criteria when I'm apartment hunting. It just makes one-bedroom-apartment dwelling in Halifax even more romantic and fun. Though I may lack a backyard garden, containers on the deck teeming with my favourite herbs and flowers have a way of creating my own little outdoor oasis. There's no better place for sipping a glass of wine or mulling over the weekend paper.

This spring, I moved in with my boyfriend Stéphane. Swapping my tiny South End digs for his roomy North End apartment has been an adventure. Living on the top floor of a new building definitely has its perks—especially when it comes to the patio. Ours has fantastic views of the West End's tree-topped canopy and gorgeous dusk skies. Most of my huge clay pots made the move unscathed and I've already bought pansies, basil and cilantro at the Farmers' Market. Our new patio garden is off to a great start. (Now, if we can just find a new spot for Stéphane's winter tires...)

It's also been a season of new beginnings for *East Coast Living*. In May, we won a $20,000 magazine-makeover contest sponsored by a leading Canadian studio, K9 Design. We're honoured to have been chosen from five national finalists. The makeover will strengthen our magazine, taking our design and layout to new creative heights. Watch for our fresh look later this year.

In the meantime, I hope you'll get excited about updating your own outdoor and indoor spaces by the stories in this issue. We feature chic patio finds on page 12 and practical cottage decorating advice on page 28. Turn to page 44 for a delectable story on summer grilling, with easy recipes for gourmet burgers, summer salads and scrumptious barbecue-grilled peach melba. We also bring you a special treat on page 32—an exclusive tour of fashion designer Lisa Drader-Murphy's spectacular home in Falmouth, Nova Scotia.

Enjoy the summer!

Janice Hudson
jhudson@metroguide.ca
twitter.com/EastCoastLiving

Corrections

From our spring 2009 issue: in the story "An eye for possibility," Jennifer Corson's correct title is "intern architect." In the Featured Supplier section, an incorrect photo appeared with the listing for Refined Cabinets. The story "Sunny side up" contained an error—the colour of an egg depends on the breed of the hen, not its colour. *East Coast Living* regrets the errors.

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East Coast Living

On our cover:

Surprise your dinner guests this summer with peach melba straight from the grill. Grilling peaches for a few minutes on the barbecue deepens their colour and flavour. Turn to page 44 for the recipe and more summer grilling ideas.

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MEET OUR CONTRIBUTORS

Gardening: A cut above
Gardens are a passion for Carol Matthews, a gardening and travel writer and regular columnist with *Canadian Gardening, European Reporter* and the Internet radio show, *Talking Travel* (www.ttrm.com).

Building: Cosmopolitan in the country
Marilyn Smulders works in the communications and marketing office at Dalhousie University and takes classes in costume studies. She is excited about taking a class in the Czech Republic this summer.

PHOTO: BERNIE PERRY

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Visit our editor's blog, The Dish, at **www.eastcoastlivingmagazine.ca** for the latest design trends, décor ideas, great recipes and much more. Follow us on Twitter (user name @EastCoastLiving) and become a fan of the magazine on Facebook.

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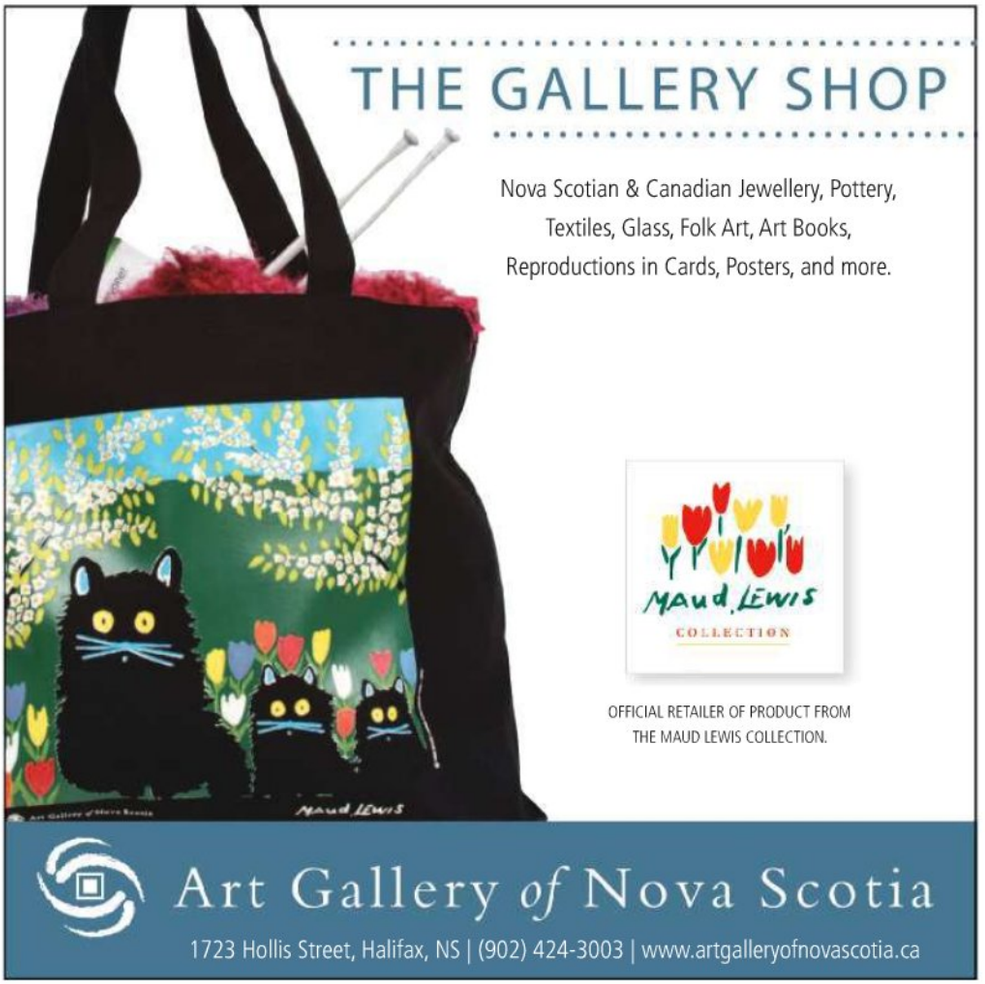

ALL DECKED OUT

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3

4

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6

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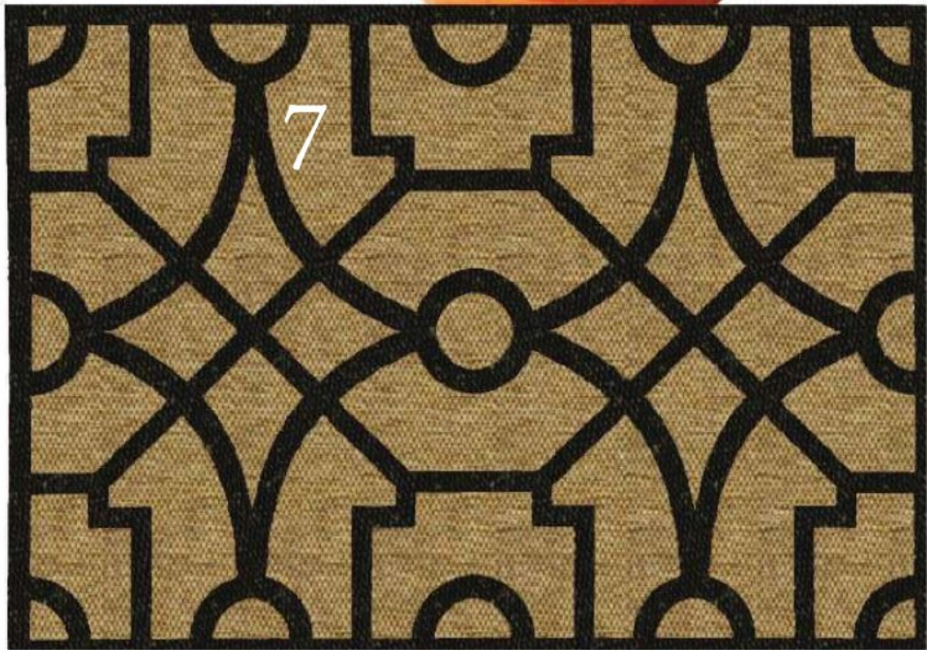

7

8

10

DRESS UP THE PATIO WITH THESE HOT FURNITURE AND DÉCOR FINDS AVAILABLE AT HOME STORES ACROSS ATLANTIC CANADA.

1. Ceramic lanterns by HomeSense. **2.** Martha Stewart for Home Depot lumbar pillow. **3.** Barlow Tyrie chaise longue from Attica Furnishings. **4.** Pagoda-shaped umbrella with cast-iron stand from Pier 1. **5.** Painted wooden utensils by HomeSense. **6.** HomeSense caged outdoor lantern. **7.** Martha Stewart for Home Depot fretwork outdoor rug. **8.** Lutyens-style lacquered garden bench from HomeSense. **9.** The Oh chair by Umbra. **10.** Suzani print place setting from HomeSense. **11.** Barlow Tyrie outdoor wicker-resin rattan loveseat from Attica Furnishings.

11

9

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East Coast Living

Inspiring home life in Atlantic Canada

Congratulations to Leslie Gany of Charlottetown, P.E.I., who won the contest in our spring issue for a set of Grohmann knives and cutting boards.

Driven to design

Multi-faceted Halifax creator Christopher Joyce has many outlets for his creativity

BY JANICE HUDSON

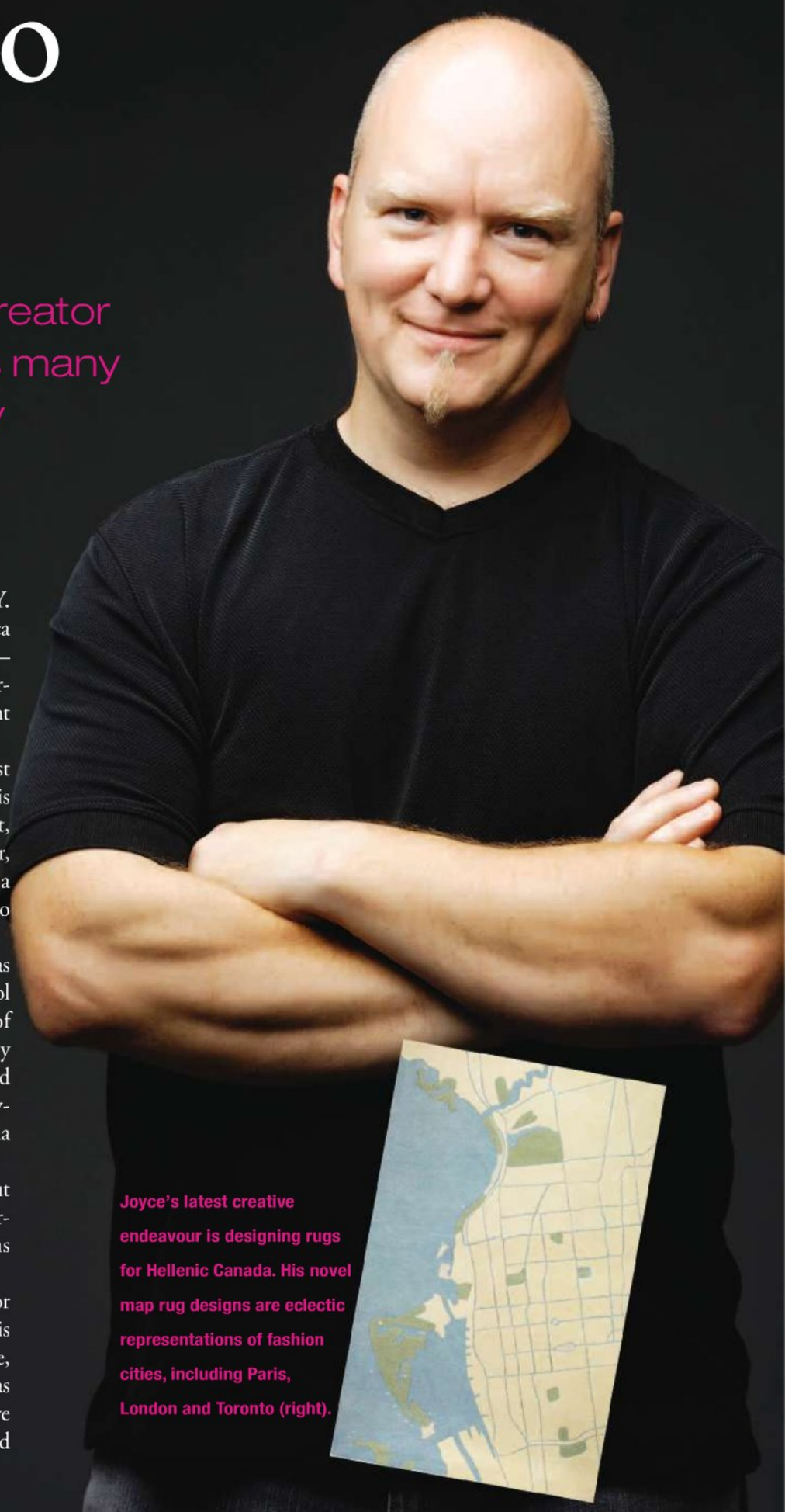
CHRISTOPHER JOYCE IS A CRAFTY GUY. The Halifax-based designer and co-owner of Attica Furnishings can master just about any type of art—paint abstract landscapes, build contemporary furniture from scratch, weld scraps of metal into elegant décor pieces.

At the core of each experience, Joyce is an artist with a curiosity for new techniques. "Creativity is really important to me," he says. "For the most part, I've always seen myself as an artist, painter, printmaker, sculptor. Having many interests, it's a constant realization that there isn't enough time to do all that you want to do."

His trajectory in the East Coast design scene has taken some interesting twists—a stint after art school as a printmaking technician in his hometown of Corner Brook, Newfoundland, crafting furniture by hand using steel, wood and recycled materials, and then in 1995 opening up the first contemporary-style furniture and design store in Atlantic Canada with his wife, Suzanne Saul.

Working from his studio in Spryfield but exhibiting nationally and internationally, Joyce's furniture and artwork can be found in collections throughout the world.

His latest venture is in textiles, designing rugs for Toronto-based rug company Hellenic Canada. His designs include a series of rugs inspired by nature, mirroring bark and other natural textures, as well as a line of topographical map rugs. In this exclusive interview, Joyce shares his thoughts on design and what it's like creating a rug from scratch.



Joyce's latest creative endeavour is designing rugs for Hellenic Canada. His novel map rug designs are eclectic representations of fashion cities, including Paris, London and Toronto (right).

What first got you interested in design?

I've always had an interest in art. After graduating, I found this great job as a printmaking technician in Corner Brook. Suzanne was doing her MBA at the time and our plan was she would possibly move to Corner Brook. We'd met at NSCAD [Nova Scotia College of Art and Design]. Suzanne could not see herself living there and after a year, I moved back and while I was unemployed, I started thinking about some earlier ideas of what I was interested in. The whole idea of making furniture appealed to me—it was a creative outlet. The '80s was the height of craft in North America—before the economics of the world changed with our import situation. I decided to make some furniture and I had a little show at Park Lane in Halifax of some interesting, artsy pieces I made out of wood, steel and copper tubing. Some of the pieces were made from recycled materials, it kind of grew from there.

You have a very diverse range of talents.

That's a blessing and sometimes a curse because I really don't focus on one particular medium. My wife says to just go with the flow because it's what I'm interested in. I also do welding and I have some interest in getting back into ceramics with some friends who are ceramic artists.

What approach do you normally take with each of your projects?

I kind of stress a little bit, sometimes I'm a little wound up [laughs]. A lot of my friends find it romantic but it's work, it's like anything. There's a lot of internal searching. I grab any sort of influence from around me. Working in a furniture store, certainly I'm exposed to a lot of design, which is good. You're always influenced from everything, everyday. I did a painting series last year that was inspired by things seen by the roadside. While I'm driving sometimes, if there's something that appeals to me, I'll stop and take a picture. It's handy. I take inspiration from everywhere.

Do you have a favourite medium?

I like steel—sometimes I get a little tired of it because it can be dirty, oily and grimy but the nice thing about it is there aren't a lot of people who want to work in that kind of material. It can be very contemporary but it can also very traditional too, so it's a fun medium. I really like wood as well.

Crafting by hand—is that a trend?

People still like the idea of handcrafted but it's not as strong as it can be. We try to pay ourselves a living wage. In that respect, it's not for everyone, it does cost more than something you can buy that's an import. Sometimes it's about priority too. I always refer to a friend of mine who had this amazing sound system years ago and he lived in a basement apartment. He could never reach the full potential of that sound system but his priority was to put all of his money into it, which I think is quite amazing. If you can balance your priorities, that would be the ideal. For handcrafted pieces, if people could even consider at sometime in their lifetime to have a couple handmade pieces made, I think that would enrich their lives a little bit. Certainly it would enrich the craftsperson's life a wee bit [laughs].

PHOTOS: HELLENIC CANADA

How did the work in rug design come about?

When I was speaking with one of our suppliers, he was interested in me designing some rugs for him. He saw some of my abstract paintings and thought that it would be an interesting project so he encouraged me to put together about 60 sketches. I was really flattered—most people rarely get an opportunity to do any design work for manufacturing.

What was it like coming up with rug designs?

I thought it would be an easy segue from painting and printmaking—and it is—but there is more thought. The owners of the company said, 'Oh, just send us some drawings and we'll work them out.' Of course, I couldn't just make it easy on myself, I had to design them, choose the colours, choose what type of thread that would be used…It wasn't just the painterly aspect of designing a rug. It really can be a lot of work to decide what height the piles should be…The owners, they really do have a good understanding of how it will translate, so for the most part, it was very enjoyable. I'm on contract with them for five years to design more.

Tell me about the map rugs you've designed.

When I was meeting with this rug company, I didn't know how they would feel about this idea. They liked the idea of the lost idea—it's like someone who is urban in a lost space. I've always been an admirer of maps and topographical information. My rug idea, I kind of simplified it to follow the major cities of fashion. It romanticizes the idea of fashion. The cities I focused initially on were London, Paris, New York and then Toronto. It's somewhat abstract but still a point of discovery.

What design trend excites you the most?

Right now, there is an interesting trend of nature and people are using natural elements… I guess it's a reaction to the glam element, which is still popular—the white leather or lacquer, chrome and glass, it's a very '70s design. As a reaction to that, you'll see more bark, tree elements, reclaimed wood, rustic steel and ceramic. I've always been interested in that rustic element—I like that primitive use of design. Primitive in that it's somewhat understated and raw. Wood that looks unfinished or may be unfinished. If it gets marred or distressed, I find it really appealing. I like the idea of distressed metal that has some corrosion…I think this will be a trend that will stick around for a while…What makes it so exciting is that it takes the pressure off of being so pristine and precise about interior design.

Is contemporary design becoming more popular in Atlantic Canada?

I think it's still a little bit on the fringe. I think because of television shows and magazines, especially in the last 10 years, they're really important to help make it mainstream…Years ago, the closest people would have sought out contemporary would have been at Ikea—it's the more simplistic version of modern design. Now, we have people looking at the last 100 years of design and looking back to the modern, like the 1940s and '30s. It's amazing because a lot of the sofas people seek out that are contemporary are actually stuff from art deco. A lot of these sofas are from the '30s, in terms of design. And so it's really what's old is new again and I think it's a great time where there's so much out there in terms of design to draw from. ■

A beachcomber's delight

This couple collects eclectic nautical elements from the seashore to showcase in their unique P.E.I. cottage

BY MELANIE FURLONG
PHOTOS BY ALANNA JANKOV, ALANNA'S PHOTOGRAPHY

GILBERT AND GOLDIE GILLIS HAVE combed the beach along their property for years, gathering a treasure trove of beach décor items out of driftwood, rowboat oars, seashells, sea glass and discarded parts of ships. Now they've decorated their cottage, in Point Prim, Prince Edward Island, with these unique, whimsical pieces, making it a true beachcomber's delight.

Bucolic Point Prim juts out into the warm waters of the Northumberland Strait about halfway between Wood Island and Charlottetown. Its round, brick lighthouse, the only one of this design in Canada, is a beacon for lighthouse-loving tourists.

Gilbert Gillis, a semi-retired fisherman whose family has lived in the area for five generations, has a long history with the Point Prim lighthouse. His grandfather, Angus Murchison, was the lighthouse keeper for 35 years, as were two of his uncles. In fact, he and his wife, Goldie, were married at the famous lighthouse 35 years ago.

The couple celebrate their connection to the lighthouse and the sea with the décor of their summer home. They call it Corkin View Beach House because of its breathtaking view of the beach and of the Northumberland Strait ("Corkin" is a slang word from Newfoundland that means spectacular). They built the 1.5-storey house on its oceanfront property nearly 10 years ago as a possible retirement home.

Gilbert and Goldie Gillis pay tribute to the splendid oceanfront setting of their summer home in Point Prim, Prince Edward Island by using beachcombing finds and nautical antiques in its décor and landscaping.

Beauty with rough and worn wooden textures. LEFT: Gilbert fashioned this coat hook out of driftwood.

ABOVE: Scallop and snail shells decorate the driftwood mantle, one of Gilbert's favourite creations.

ABOVE RIGHT: Knives hang from a magnetic bar on driftwood.

"It sits on the ocean and has a wonderful beach that's great for swimming, clam-digging, canoeing and kayaking," says Goldie.

The summer house gave the devoted beachcombers an outlet for displaying their finds and creations. Now every room is playfully decorated with items and debris found on the Point Prim beach. In the kitchen, a seashell clock and whimsical figurine made of fishing net and lobster-trap ropes adorn the walls, driftwood pulls and handles are on every door and drawer, tarnished-yellow brass ship lights hang on the walls and a fisherman's old oar holds the curtain over the window.

The Gillises have beautiful wooden oars for curtain rods in every room of the cottage, paying tribute to the region's fishing culture. Fishermen in the area used to row out to their boats and carved their own oars by hand from spruce trees. Gilbert found most of the oars floating in the ocean while out in his boat and he sourced the rest from local antique shops. "When we realized they made excellent curtain rods, we wanted to do as many rooms with them as we could," he says. "That was before the nautical theme got really hot so you could find these oars in antique shops for next to nothing. Now they're much harder to find and a lot more expensive."

The spacious living area of the cottage features lamps made with fishing net, cork floats, a driftwood foot stool and a 1937 nautical chart Gilbert received from his grandfather. Two of his favourite pieces are also here: a table he built from

a deck hatch he discovered floating in the water and a fireplace mantle he fashioned out of hemlock decking from the former Point Prim wharf that had washed up on the beach.

Gilbert says that driftwood was one of his greatest finds. "I used to help my dad fish lobster from the old Point Prim wharf and I easily recognized the hemlock decking," he says. "They used hemlock before the days of pressure-treated wood and it can withstand parasites like ship worm that put holes through other kinds of wood." Goldie made the seashell mirror over the fireplace, which adds the finishing touch in the space.

The downstairs bedroom is cozy with a warm nautical rug from Nantucket designer Claire Murray, a

ABOVE: Goldie let her imagination loose when she created the Trash Lady out of beach debris. TOP RIGHT: The form of a spotted frog jumped out at her from this slender piece of driftwood. RIGHT: Hand-carved spruce oars make excellent curtain rods.

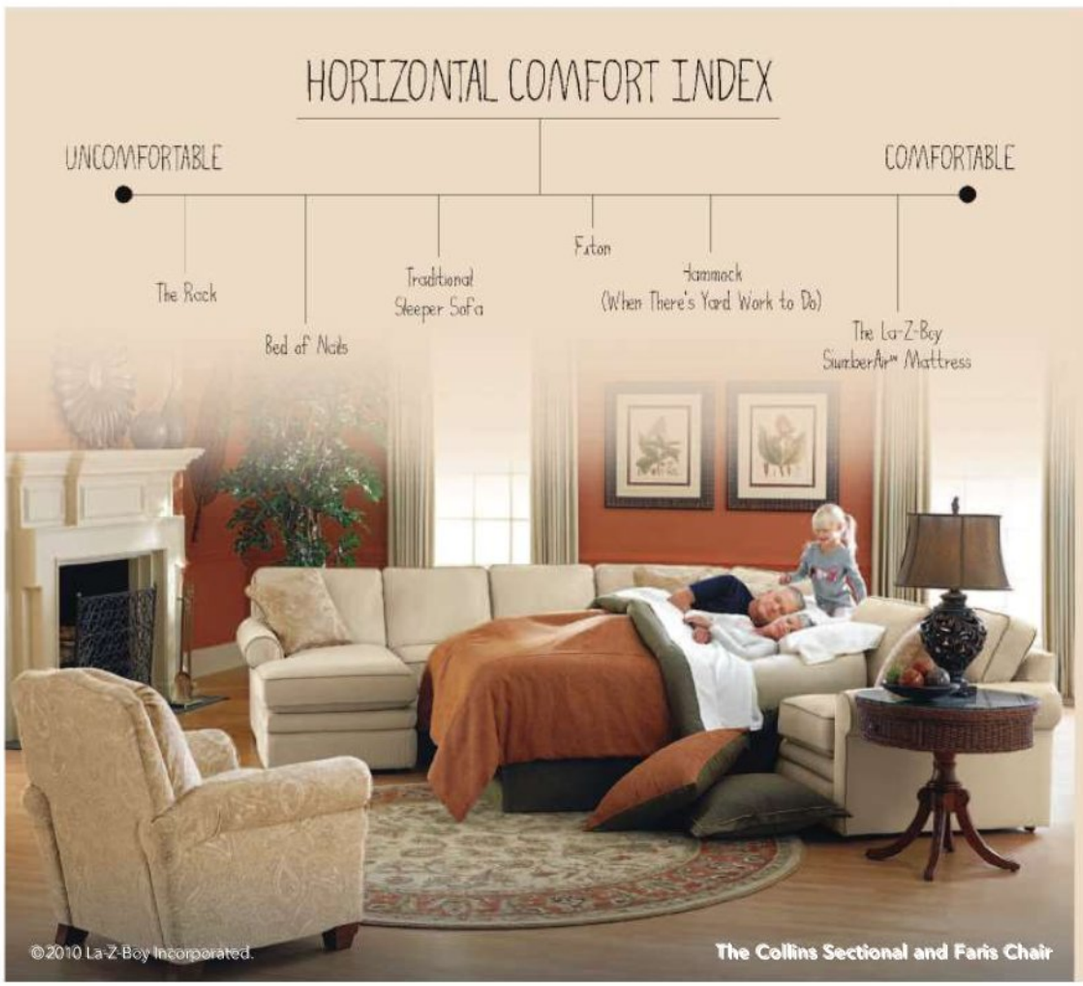
A whimsical three-dimensional art installation and old buoys plucked from the sea bring a seafaring atmosphere into the home.

driftwood night table and lamp, a hammock swagged over a fisherman's oar at the window and two ship lights hanging high in the corner. "Our ship lights were actually mostly gifts and one came from an antique store," Gilbert says. "Each one is different and had a different purpose aboard a ship. Some of them are anchor lights, running lights and side lights. We have almost every kind you can mention and each one told other ships what was happening on your ship, like if you were at anchor, what direction you were running and so on."

Upstairs, two more airy bedrooms have skylights for navigating the stars late at night. One room has a lighthouse theme. "If you had a lighthouse wedding, why wouldn't you have a lighthouse room?" Gilbert says with a laugh. Two lighthouse lamps, coordinating lighthouse-print fabrics for draperies and a boutis bedspread (a traditional French quilt) pull the room together. Across the landing, the third bedroom continues the cottage's nautical theme with blue and white stripes and lamps decorated with seashells.

Over the stairwell, the Gillises created an imaginative three-dimensional art installation. They paired an original oil painting of an unknown sea captain with an antique telescope for a spectacular effect. "We had a friend who knew the last lighthouse keeper on Gannet

Guests sail off to a blissful slumber in this bedroom featuring driftwood frames, night tables and cork lamps. The anchor-themed pillow and boutis, a traditional French bedspread, keep them cozy.



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Rock, Grand Manan [New Brunswick]," says Gilbert, "and that's how we got the telescope for the old quartermaster. That was a great find."

In the main bath there are driftwood towel racks, toilet-paper holders and hooks, scallop shells on driftwood for soap dishes, and even a piece of coral the couple picked up on a beach holiday in Hawaii. A half-model dory Gilbert built for the garden now sits next to the tub holding bath towels. "She gaffled it from me," Gilbert says.

The couple love the fact that they've found a practical and creative outlet for their shared passion of beachcombing. "We've always been collecting driftwood and while I was fishing, I'd be collecting oars, boat gaffs and parts of lobster traps floating around out on the water," says Gilbert. "I've always been intrigued by making things with lobster trap parts, too. I like the weathered look of the wood for picture frames."

However, their beachcombing philosophy doesn't mean gathering everything that washes ashore—they know exactly what they'll do with a particular find or else they don't pick it up. "I know when I'm looking for pieces for foot stools that they have to be a certain y-shape for the legs and I have an eye for driftwood hooks that I mount on a board or shelf," Gilbert says. "I'm always searching for driftwood boards, weathered nicely and bleached by the sun, that I can use for drawer fronts of night tables or table tops as well as planking that would make a table top or stool. It's hard to find those beautifully weathered boards but eventually you collect them up and

have enough to make a little table."

Goldie says everything Gilbert makes with driftwood is durable. "I use all wood tenons or dowels and glue on the tables and stools," Gilbert notes. "There's no metal fasteners or nails. It makes them very level and tight. I don't use any paint or varnish either but there's a lot of sanding involved."

Goldie's other creative passion is for painting and she enjoys gathering unusually shaped pieces of driftwood, looking for whimsical creatures in it, like her spotted driftwood frog. She enjoys how the weather, sea and sun shape and contort each piece, giving irregularities and a patina that make them beautiful to start with. "It takes creativity to imagine how you could use a piece you find," she says. "Whether you're collecting sea glass or shells, it takes a bit of imagination to put that all together and make a piece that's functional yet artistic at the same time. It's a form of art in itself." ■

OPPOSITE PAGE: The nautical décor theme continues in the main bathroom with a hand-hooked wool rug by Claire Murray and a ship's lantern. Guests can relax in the Whirlpool tub—everything they need is in the little red dory.

ABOVE: The balcony of the Gillises summer house would serve any sea captain's wife well, offering a spectacular view of the ocean. A beached canoe makes a beautiful planting container for Goldie's summer flowers.

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A cut above

BY CAROL MATTHEWS

How to design the best garden for enjoying fresh-cut flowers in your home

GROWING YOUR OWN BACKYARD CUTTING GARDEN IS EASY, economical and rewarding. You can have fresh flowers in every room of your house and also design special bouquets for friends and family to enjoy. Best of all, you can tailor your cutting-garden choices to your favourite flowers. Choose annuals and perennials and even flowers with colours that will match your décor. You may select flowers with a lovely fragrance or ones with no fragrance at all.

The difference between a cutting garden and a regular flower bed is that the cutting garden is utilitarian—it's there to harvest and not leave on display. Gardeners often arrange the plants in rows, much like vegetable gardens. Many people save a section of their vegetable garden for just this purpose.

To get started, you need a sunny spot, rich soil and seeds or transplants. If you have a large yard, you may plant directly in the ground or in a raised bed. If your space is limited, you can grow your cutting garden in pots, keeping in mind potted flowers will need extra water and fertilizer.

Once your soil is ready, it's time to choose your flowers. Here, your choices are almost infinite. Annuals are the quickest and easiest but certain perennials are just too wonderful to ignore. But remember to keep your annuals and perennials separate so you won't disturb the over-wintering plants when you clean out the dead annuals.

With their dramatic and colourful blooms, snapdragons (left) and cosmos (above left) can be the dazzling stars of a cut-flower garden.

OPPOSITE PAGE LEFT: Though they look delicate, daisies are versatile and easy to grow anywhere in Atlantic Canada and are essential for wildflower arrangements.

OPPOSITE PAGE RIGHT: So too are brown-eyed Susans. This snapshot is from Reisa Muir's beautiful cut-flower garden in St. Margaret's Bay, Nova Scotia.

For best results, pick three types of cut flowers (see sidebar on page 26 for suggestions): foliage (not flowers at all but great for bouquets and flower arrangements), fillers to give that lush look and finally, the stars—the flowers that shine out from the rest. You need tall, medium and short flowers and generally ones with strong stems.

When you've made your choices and planted your seeds or transplants, water and fertilize the beds or pots throughout the summer. It's helpful to mulch the plants between the rows to retain moisture and keep down the weeds. However your biggest jobs will be cutting and deadheading the flowers.

Annuals have the wonderful habit of producing even more blooms if you pick or cut their flowers and will bloom until frost. Perennials, on the other hand, live on a tighter schedule and bloom for specific periods of time, then stop. Use them bountifully during their bloom period.

When and how you cut your flowers makes all the difference. If your water comes from a tap, set out a half-filled bucket of water the day before cutting so the added chemicals will evaporate before adding the flowers. You should also do this to the water for your flower arrangements. Cut the flowers in the morning before the dew dries, when their water retention is at its peak and the plants are not stressed. You may even want to water them the day before for best results.

Use clean and sharp pruning shears and cut the stems on a slant. Plunge the stems immediately into the water so they do not seal off, keeping new water from being absorbed. You may need more than one bucket so the flowers will not be crowded. Choose blooms that are partially opened, leave tightly closed buds for the next picking, and cut off and discard mature flowers to encourage new blooms. Keep the flowers in a cool, shady area until you are ready to arrange them.

You do not need training to create lovely arrangements for your home, but a few tips will help. First, choose your container, making sure it's clean. The rule of thumb is the container should be one-third the height of the flowers. Short bouquets need

PHOTO OF COSMOS: JANICE HUDSON. PHOTO OF SNAPDRAGONS: PROVEN WINNERS. PHOTO OF DAISIES: SHIRLEY GALLANT, WWW.SUNNYS.CA. PHOTO OF BROWN-EYED SUSANS: REBA MUIR.

THE BEST CUT-FLOWER PERFORMERS

Foliage
Annuals: cosmos, dahlias.
Perennials: hosta, chrysanthemum, peony, evergreens, pruned shrubbery

Fillers
Annuals: asters, love lies bleeding, cosmos, baby's breath, snapdragons, zinnias

Stars
Annuals: asters, cosmos, snapdragons, sweet pea (fragrant), zinnia.
Perennials: Shasta daisy, coneflower, peony (fragrant), phlox (fragrant), iris, rudbeckia

appropriately sized containers. Add water and a preservative to the vase. You can purchase this from the florist shop or make your own by combining three tablespoons of sugar (45 ml) and one tablespoon (15 ml) of alum (usually available in the spice section of your grocery store) to one gallon (4.5 litres) of water.

Cut the flowers to the length you want while the stems are still underwater. When arranging flowers, a lot depends on where you plan to showcase the arrangement. If it's going on a mantle or against a wall, you will need fewer blooms because they only need to face one side. If it's going on a dining table, the arrangement will show on all sides, so the flowers need to be short enough so diners can see over them.

Space and placement matters for arrangements and bouquets in bedrooms, bathrooms and any other room. Sometimes you need to try several locations before finding the perfect spot.

Start with the larger flowers that are "stars" for your focal points. Cut them at slightly different heights. Then add the "fillers" to give more body and colour, making sure they're not taller than the stars. Finally, add the foliage to fill in any gaps and to balance the arrangement. Remove the foliage from the sections of all stems that will be underwater.

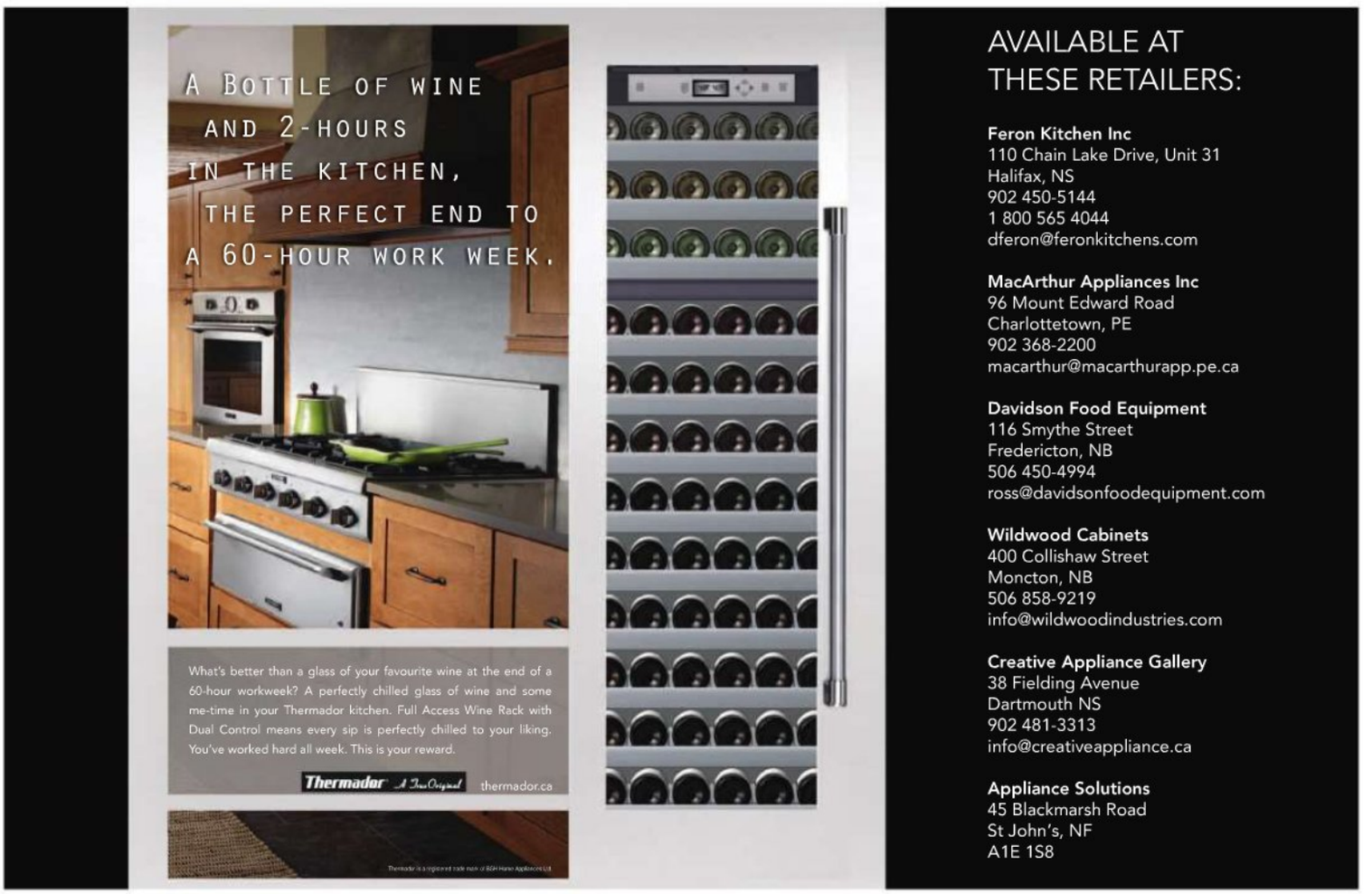
Add fresh water daily and change the water completely about every three days. At this point, you can remove any wilted blooms or add new ones. Cut about 2.5 centimetres from all the stems

and return to fresh water and new preservative. This will keep most flowers fresh for at least one week.

Cutting gardens have been around for centuries—originally in wealthy people's estates—but today anyone can have one. It will make you feel pampered and special. ■

Garden show off. Shasta daisies are hardy plants that bloom for months without deadheading, thriving in backyard beds or patio containers.

PHOTO: PROVEN WINNERS



Away from it all

Decorating your cottage? Stretch every penny without compromising your vision

BY TREVOR J. ADAMS

WHEN I WAS A LAD, my family had a summer cottage on Ponhook Lake, Nova Scotia. Its décor included cheap watercolours, secondhand furniture and pieces demoted from the family home, plus dirt bike posters and a deer skull (my contributions). Compared to peers around the lake, the décor wasn't terribly seedy. It was a time when people saw their cottages as second-string homes and decorated accordingly.

But today, a new age of nesting is upon us and many owners see their cottages as second fiddle to no home. Rather, they're havens from the drudgery of the real world, oases purpose-built for relaxation and play.

That was Erin Armstrong Hand's philosophy when her family bought an A-frame cottage in Lakeside, Prince Edward Island eight years ago. She's is an experienced interior decorator, self-employed for many years and now producing professional theatre in Niagara Falls, Ontario.

Located on the northeastern shore of the province, the cottage has a seaside setting that still enchants Armstrong Hand and guided her décor decisions. The space's potential wasn't entirely obvious at first. "It had been someone's bachelor pad for quite some time and it showed," she recalls. "He was using furniture that dated back to the 1940s."

The first step was clearing the slate. "We kept the basic structure but we ripped off the deck," she says. "We took out the white shag carpet, put in tile, painted over

the panelling and added a porch." She wanted décor that was functional, standing up to the constant wear and tear of a busy family on vacation.

But given the location, she also had a nautical theme in mind. "We have lighthouses everywhere," she says. "There are lots of blues. The nautical-themed accent tiles are from Portland, Maine. The fixtures have this seahorse design on them."

Armstrong Hand urges readers to remember that you can decorate your cottage effectively without going bankrupt—just be creative. "We did it all on a low budget," she says. "We brought our bathroom cabinet in the car the whole way from our home in Ontario."

Bargain-hunting skills help too. "We're always looking for bargains at the end of the season," she says. "We bought our patio furniture at the end of the summer at Superstore and saved a lot of money."

Another simple tip is to get the most life out of the pieces you have now. "We had slip covers made for all the furniture," she says. "In a cottage like this, there's a lot of wear and tear so you have to be practical. Things like that can make a huge difference."

A new deck reflects that budget consciousness and commitment to practicality, while sticking with the overall design theme. "It's a marine-style deck," Armstrong Hand says. "It's made with logs and ropes that they used to tie up the ferry from Nova Scotia." Incorporating those found and recycled components enhances the overall aesthetic and saves on décor expenses.

Andrew Danson Danushevsky is a fine-art photographer who splits his time between Toronto and Halifax. In 2001, he bought an old fisherman's home in Change Islands, Newfoundland and converted it to his summer escape. Like Armstrong Hand, Danson believed that antique and repurposed décor touches were the best way to achieve the look he wanted, while staying true

PHOTO THIS PAGE AND PREVIOUS PAGE: JAY HILTZ

LEFT: In his cottage on Nova Scotia's South Shore, Jay Hiltz brought trendy and contemporary design to the open-concept living room/kitchen area. The 1968 Simmons Hide-a-bed sofa was salvaged from a friend's basement. With other touches from Ikea and HomeSense, Hiltz decorated the room for just $71. ABOVE: Hiltz accentuated the kitchen's clean lines with a solid wood table and white upholstered chairs from Superstore, 1970s Hanover cherrywood kitchen cupboards salvaged from a neighbouring home renovation, brushed-chrome hardware for cupboards from Kent and a red vase from Dollarama.

PHOTOS THIS PAGE: ANDREW DANSON DANUSHEVSKY

Andrew Danson Danushevsky wanted to stay true to the spirit of his renovated outport house in Change Islands, Newfoundland. He brought a Zen philosophy to its design, with simple Spartan décor that complements the home's nautical setting.

to his personal philosophy. "My view about material is if it has value, respect it, maintain it, keep it," he explains.

He decorated the tiny outport home in a functional, Spartan style. "The house is designed with simplicity," he says. "My wife and I have a Zen influence in how we live our lives and the house is an extension of that. The original structure was very simple and functional...that's what I wanted to preserve."

Attractive touches include an old teak table that he brought from Toronto, an antique pine dry sink from his family's cottage in Muskoka, Ontario and a 1930s wooden floor lamp that he rescued from a garbage pile and refinished. A Persian rug in the living room adds a final splash of style.

The result is a space that's eclectic but uncluttered, functional yet attractive. And for Danushevsky, that means it does everything a good cottage should. "As soon as I get off the ferry, I feel freedom, space, beauty and purity, which all leads to revitalization."

Like Danushevsky, Jay Hiltz discovered new life in an old space. He spent several months renovating a bungalow in Martin's Point, on Nova Scotia's South Shore. Previously owned by his grandmother (and in the family for generations), the cottage had become run-down as a rental property.

Doing much of the work with the aid of family and friends, Hiltz stripped the space down to bare studs and floorboards. "Pretty much everything was replaced," he recalls. "The carpet was removed and wood flooring installed. The bathroom was gutted and the layout changed to maximize the space...I also installed a French door off the kitchen and added a large patio."

A graphic designer by trade, Hiltz turned his artistic sensibilities to décor, fostering a chic, eclectic style. "Being creative with design solutions can lead to some really unexpected and great results," he says. "I love the clash of old and rustic with modern, clean, contemporary design. Salvaging from thrift stores, antique shops, Kijiji, friends' basements and flea markets can lead to finding some great pieces at inexpensive prices."

When Tracey Smith, from Halifax, and her family acquired their cottage in Souris, P.E.I., they were in a different situation. "We built it from scratch in 1993," she explains. They designed the cottage in a simple two-storey farmhouse style, with a compact 750 square feet of area per floor.

The cottage boasts a splendid seaside location, so Smith's goal was ultimately to create a space for relaxation and reinvigoration. "Thinking about design, we wanted to keep it light and airy," she says, "beachy but modern. The setting affects the design."

The stairwell in Hiltz's cottage efficiently uses the space, with a storage area and coat closet, plus a "secret passage" to the adjoining room. Hiltz uncovered the original wood floors under several layers of carpet and tiles, refinishing and staining them with a whitewash pickling stain from Rona.

Her design philosophy translates into nature-inspired colour palette. "We went with lots of light blues, sandy browns and splashes of greens," Smith says, adding that the flooring choices complement the scheme. "We have a blonde, bamboo floor in the master bedroom. It really brings light to the whole room."

Like other cottage owners, she found that she didn't need to buy all new furniture to achieve the look she wanted. "We have a mix of retro furniture and new pieces," she says. "We have two chocolate-brown leather couches that aren't the slightest bit cottagey, but they work. It all works together."

And that really illustrates the principle you should keep in mind for decorating your cottage: that it's a space for fun and relaxation. Think about the things that energize and invigorate you and incorporate them into your design. Rather than worrying about hard and fast rules, follow your whimsy and have fun with the space.

If you're not hiring a professional decorator, remember that the process can be time consuming, advises decorator and cottage owner Erin Armstrong Hand. "Be ready to put in time and hard work," she says. "You have to be organized, especially in the beginning. Think about how you're going to manage the property when you're not there. If you can make friends with your neighbours and rely on local help, that makes a big difference.

Smith offers one final tip: you're always changing, so why shouldn't your cottage evolve as well? "We're always hanging pictures, moving things around and fine-tuning things," she says. "It's a constant work in progress." ■

PHOTO: JAN HILTZ

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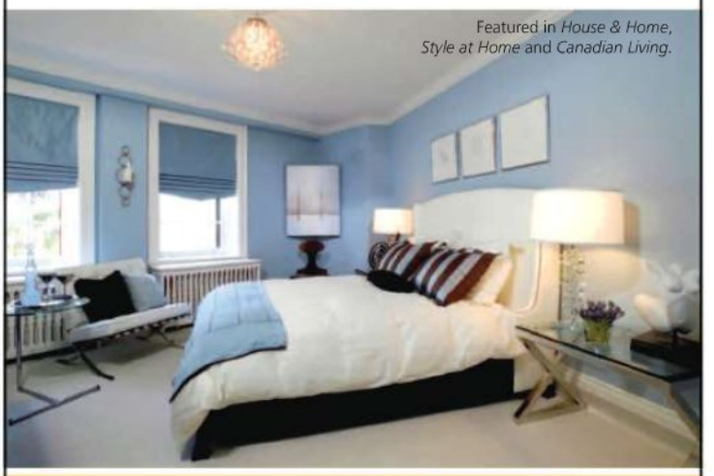

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BY MARILYN SMULDERS
PHOTOS BY MIKE DEMBECK

Cosmopolitan in the country

A lengthy renovation brings new flair and creative energy to this heritage home in Falmouth, N.S.

The large stone fireplace is the focal point on the main floor of Carey and Lisa Drader-Murphy's home in Falmouth, Nova Scotia. The attractive, see-through configuration of the propane unit makes cozy seating areas on either side of the hearth.

Entertaining was uppermost in Lisa's mind when planning the renovation of this historic sea captain's home. The kitchen features espresso-stained cabinetry and stainless-steel appliances by Jenn-Air.

OPPOSITE PAGE ABOVE: The furniture in the living-room space illustrates Lisa's high/low decorating aesthetic: a pair of Barcelona chairs and a second-hand davenport Lisa reupholstered herself.

OPPOSITE PAGE BELOW LEFT: A colourful painting by Nova Scotia artist Judith Leidl hangs over a vintage mahogany and black-leather tub chair in the alcove off the kitchen.

OPPOSITE PAGE BELOW RIGHT: The white-ash staircase features elegant wrought-iron balusters.

IN LISA DRADER-MURPHY'S production studio—a former apple barn—three clocks tick off the minutes in the world's fashion capitals: Paris, Milan, and yes, Falmouth, Nova Scotia.

But while Lisa has her eye on what's going on in other places, this Canadian fashion designer has always gone her own way. She started her company, Turbine, in Calgary in 1997 and her chic, classic designs soon caught on with professional women. In just two years, when one store led to another and yet another, she and her husband Carey decided perhaps it was all too much, too fast.

In 1999, the couple relocated their young family to Carey's native Nova Scotia, drawn in by the beauty of the rural landscape, the slower pace and the easy-going lifestyle. They first visited and fell in love with the 1.6-hectare property when the apple trees were in full bloom.

Built for a sea captain in the mid-1800s, the grand house is one of seven original homes in Falmouth, a farming community located along the banks of the Avon River. Perched on a hilltop, the house with a wide,

front verandah has a view of the surrounding countryside.

The Acadians first settled here around 1685, the New England Planters followed in the 1760s and then the Loyalists in the 1780s. The house has had some fascinating incarnations. It was a birth house, where women would come to have their babies with the help of a midwife. It was also an orphanage for boys. And at one time, there was a blacksmith's shop on the property—as evidenced by the numerous horse shoes and rusty tools unearthed from the lawn.

"It's been interesting living here," says Lisa. "We've had people at the door—I would say they were well into their 90s—who told us they were born here, and, 'could we just come in and take a peek?'"

While the house offered plenty of character and history, it needed a lot of work. Over the years, they've attended to cosmetic changes, ridding the house of its floral wallpaper and matching wallpaper borders and pulling up 1970s-era carpet. They fixed up the apple barn too, converting it into a production centre for Lisa's fashion business and a destination boutique where she welcomes customers for a

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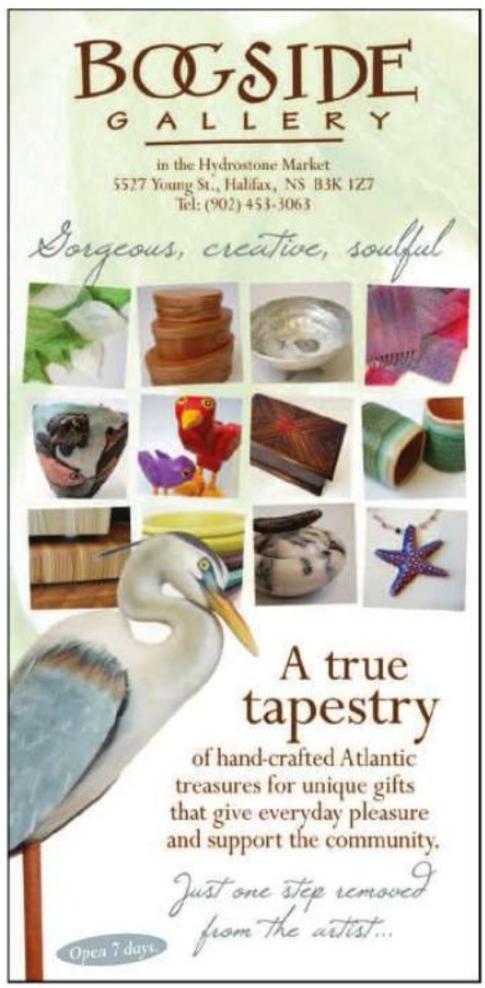

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OPPOSITE PAGE: A single piece of granite covers the 1.8-by-2.9-metre island in the kitchen.

ABOVE: An apple ladder, found on the property, keeps towels handy in the upstairs bathroom.

RIGHT: A reflective plate from Botanique in Wolfville hangs over the wrought-iron headboard made by artisan blacksmith Gord Watson of Calgary.

BELOW: The loft over the garage is an office and homework space, with desks from Ikea and a wicker chaise from Wicker Emporium.

behind-the-scenes look. (Last year, she expanded and opened Turbine's flagship location in Bishop's Landing on the Halifax waterfront.)

But three years ago, the Murphys embarked on full-scale renovations to create a seamless addition to the back of the house for a mudroom, laundry room and double garage with a loft. They also installed a geothermal heating system and rebuilt the foundation. They opened up the interior by knocking down walls to make bigger rooms out of smaller ones—like the first-floor living space, formerly the kitchen, and a front parlour and the master bedroom and ensuite upstairs, formerly two smaller bedrooms.

Because of the renovations, Lisa, Carey and the kids (Sam, 18, and Sarah, 13) relocated temporarily to another house the Murphys had

ABOVE: The renovation removed a wall between the kitchen and living room, opening up the downstairs space.

BELOW: In the former apple barn that is now Lisa's studio and boutique, clocks tick off the minutes in the world's fashion capitals: Paris, Falmouth and Milan.

bought and were reselling. But when that house sold quickly and the renovations to their own house dragged on, the foursome moved again, this time to a trailer parked in the driveway.

A procurement manager in the oil and gas industry, Carey decided to make the best of the situation and came to regard the setback as an adventure. "C'mon, we'll be making memories!" he told Lisa and the kids.

"Yes, making memories alright," says Lisa with a laugh, recalling his good cheer. "Traumatic memories!" After weeks stretched into months, they moved again, this time to the loft over the new garage until the rest of the house was finished.

They splurged on some things and scrimped on others. They decided replicating the original exterior mouldings and interior trim was worth it, like the ornate corbels and Italianate decorative details that give the

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house its sense of grandeur. They commissioned local mill operator Carl Dykens for the job. They replaced old windows with new Atlantic windows, and added three two-storey window bays to match the original ones at the front of the house, flooding the rooms with natural light. They chose white ash, a honey-coloured wood with a gorgeous grain, for the wood floors upstairs and downstairs.

And they took carpenter Paul Rogers' advice when he told them they needed a "sexy staircase" to add oomph to the front entry hall. He used the same white ash of the floors for the staircase treads and banister, which sweeps upwards on a curve.

Lisa was desperate to decorate—not to mention have a shower in her own house—and create the family home that already existed in her head. As agonizing as the renovations could be, the fun part was choosing the elements to match her vision of a relaxed, contemporary space where two teenagers could have their friends over and she and Carey could have company, too.

"We wanted a place for entertaining," she says, pouring a cup of coffee into a pottery mug in her new kitchen. "We like to have people over." On this morning, visiting teenagers are beginning to rouse after a late-night birthday sleepover and are agitating for homemade waffles.

When workers placed the last chunk of stone in the magnificent, two-sided fireplace with propane insert, she got her chance at last. The family threw a Christmas party and welcomed more than 60 people to the festivities.

"I wanted to be able to use every square inch of this space," explains Lisa. "Before, no one ever went into that front room, and at the party, people were everywhere. It was wonderful."

Entering the house through the back door in the new mudroom, the first stop is the combination kitchen/living space with the fireplace as a focal point. There are sitting areas on either side of the stone hearth. On one side a pair of Zebra-striped upholstered chairs—an inexpensive find at HomeSense a leather-tufted chaise. On the other, a pair of sleek Barcelona chairs and a black-velvet davenport. Big, leafy potted plants inject shots of green into the cool contemporary space.

The kitchen, designed by Jon Morrison (with Canterbury Woodworks in Halifax), is airy and open, with bird's-eye maple cabinetry stained a dark espresso. Three pendant lights with elongated shades hang over the massive, 1.8-by-2.9-metre island which is covered with a single slab of granite.

"That was a nice thing about working with

Lisa relaxes with her knitting on an antique chaise that she recovered with a whimsical painting on silk by Nova Scotia artist Holly Carr.

some of the local suppliers," says Carey. "Everyone said, 'Oh, for something that large, you're going to have a seam.' But Jeff Nelson at Heritage Memorial over in Windsor, said, 'Let's see what we've got in the yard.' And that's when we found exactly what we wanted. It was the largest single piece they've ever installed and it took a whole team to get it through the door."

"I love the island," adds Lisa. "We eat at it and it's where we all congregate. It's definitely conducive to the Nova Scotia kitchen party."

As a designer, Lisa is known for mixing old and new: rescuing long-forgotten bolts of fabric from the backrooms of mills and factories in places like Toronto, Montreal and New York and re-imagining them. She'll sew crisp blue wool from old police uniforms into classic, two-piece suits. Vintage plaid makes for some darling hobo

On the home's new addition, workers replicated original exterior decorative details, including ornate corbels and trim, retaining the grandeur of the historic home, one of seven original houses in the Falmouth area.

bags and grey tweed looks great in her wide belts cinched with ribbon.

Her decorating aesthetic is similarly eclectic. She likes bringing together pieces from different eras—like placing the mid-century maple and leather tub chairs she bought at an estate auction alongside a contemporary glass table from Halifax's M Home. Or the davenport, a Value Village find she's recovered herself at least five times. It holds its own beside expensive Barcelona chairs from Toronto's Up-Country.

Upstairs in the new master bedroom, an antique chaise lounge never fails to rouse a smile. Lisa had it reupholstered with a silk painting by local artist Holly Carr of a frisky couple spooning. "It's so whimsical and fun, a real conversation piece," she says. There's original art by Nova Scotia Scotian artists throughout the home, including paintings and photographs by Lynn Rotin, Margot Metcalfe, Judith Liedl, Anne Bastedo and Gary Pridham.

One of her favorite pieces of furniture is the handsome armoire with mirrored panel doors. She splurged on this while still in college, moving it from apartment to apartment, house to house. Placed on top of it is Lisa's grandfather's battered leather suitcase. "In it, he had everything he owned when he came here in 1926, a Mennonite from Russia," she explains. "It reminds me where we've come from and where we're going." ■

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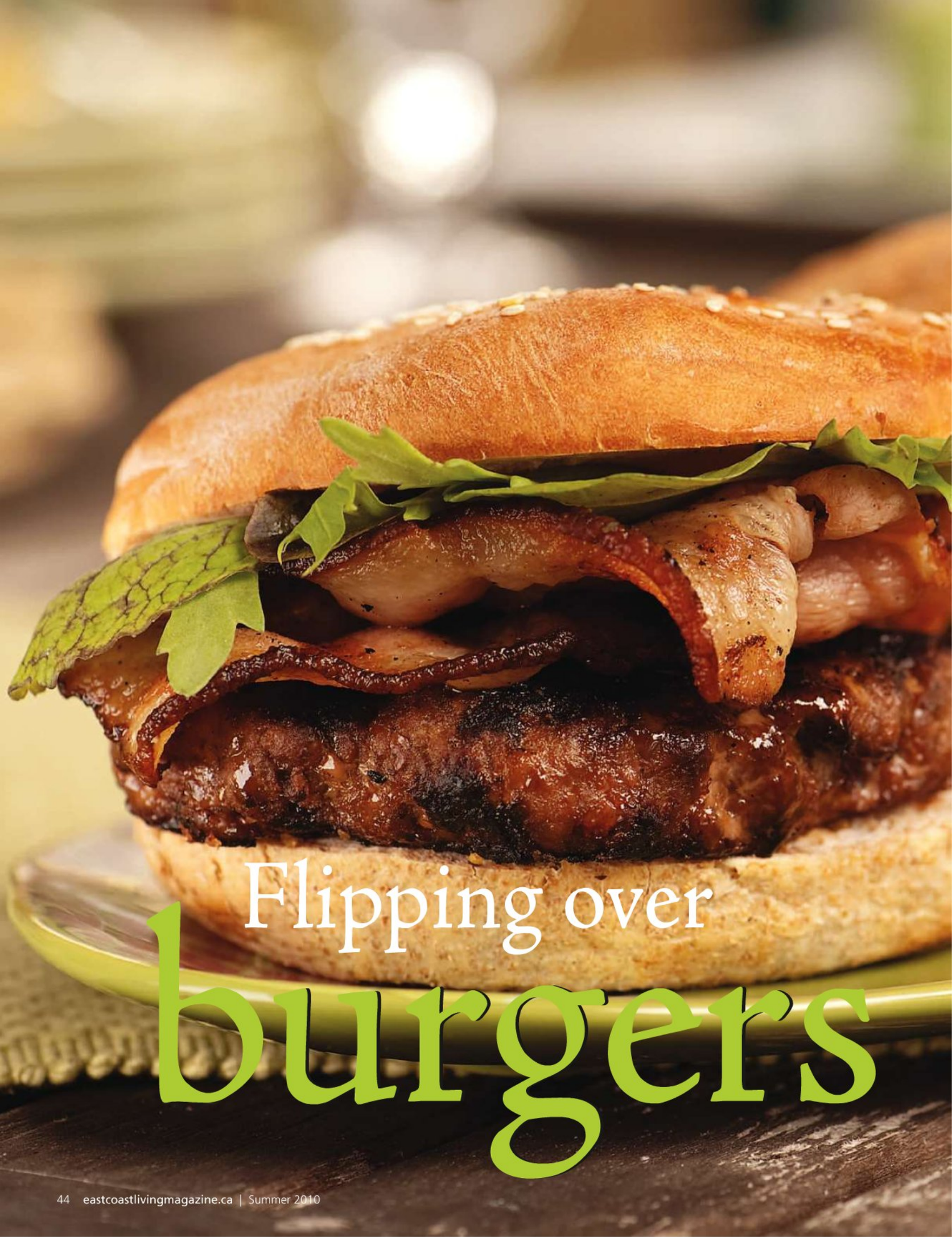
Windsor Home Hardware is the latest Home Hardware location in Atlantic Canada to offer custom home furnishings. Windsor Home Furniture offers traditional to modern designs for every room, as well as major appliances, home theatre, mattresses and décor.



Flipping over burgers

BY DONNA GABRIEL
PHOTOS BY JAMES INGRAM, JIVE PHOTOGRAPHIC
DISHWARE AND ACCESSORIES COURTESY OF BACKYARD & VERANDA

Do it up with style this barbecue season with a summer feast of gourmet burgers, standout salads and sides

Salad days. With paper-thin carrots, daikon and cucumber and a simple dill and vinegar dressing, Pickled Spring Vegetables are an aromatic and refreshing side.

OPPOSITE PAGE: Dressed to grill. Put some thought into how you dress the table with a summery tablecloth and napkins, casual dishware and candles suitable for fabulous *alfresco* dining.

IF YOUR IDEA OF HOMEMADE BURGERS INVOLVES balling up tepid ground beef with chopped onions and slapping it onto the barbecue (and you wonder why your burgers turn out like hockey pucks?), consider finessing your technique.

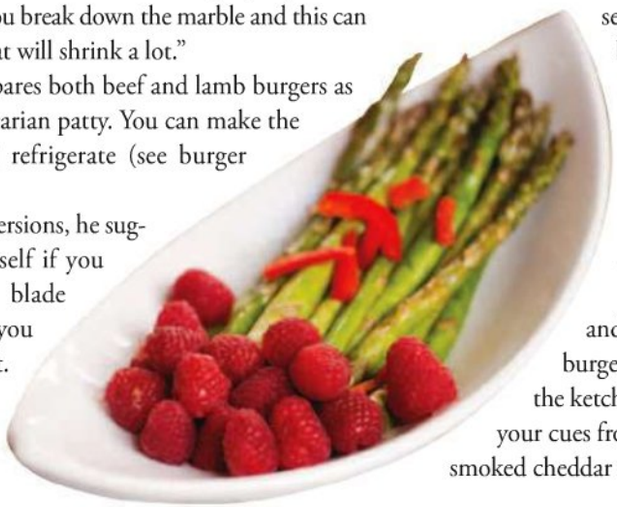
"That won't do!" says chef Tahir Salamat from the grill at Cut in Halifax. He suggests taking things up a notch by creating an outdoor feast with grilled burgers for all tastes, a trio of inventive salads, easy onion rings from scratch and more.

Burgers are the star of this show and deserving of special treatment. "You need to show your burgers love," says the executive chef of this downtown restaurant famous for its gourmet burgers.

Building a great burger—one that's moist, savoury and grilled to perfection—requires some skill, some time and some food-science basics. "The meat you're working with has to be the right balance of fat and fibre from the muscle tissues," Salamat says. "The fat marbling is important to overall texture. If the meat isn't properly chilled or if you handle it too much, you break down the marble and this can result in tough, dry burgers that will shrink a lot."

In this menu, Salamat prepares both beef and lamb burgers as well as a red-lentil-based vegetarian patty. You can make the patties early in the day and refrigerate (see burger recipes on pages 48–49).

For both the beef or lamb versions, he suggests grinding the meat yourself if you have the equipment. "The blade must be sharp," he notes, "Or you can tear the fibres of the meat. You can also get a grocery-store butcher to do it for you or set it up in advance with a provider at a farmers' market. A lot of farmers sell beautiful meat, so source them out."



Veggie burgers can run the risk of being boring but this lentil burger is moist and tender. Salamat makes his with ingredients such as minced sun-dried tomatoes, garlic, onions and spices.

For lamb and beef patties, bread crumbs and raw eggs help bind the meat, preventing crumbling and adding texture. You can also use cornstarch, soaked corn meal or cooked lentils in place of bread crumbs.

Make generously sized burgers around eight ounces (225 grams), 3/4 inch (two centimetres) thick and 3.5 inches (nine centimetres) in diameter. "If it's too small you don't get the juice and moisture," Salamat says. Gently form the patties, don't over handle them and chill them immediately.

When it's time to cook the burgers, Salamat prefers grilling at medium-high or 375 to 400°F (190 to 200°C), searing the burger on each side and leaving the barbecue top down between flips. Every barbecue is different, so his rule of thumb for doneness is to use common sense. "Use your spatula to lift the edge," he says. "If it isn't sticking onto the grill, it's ready. Don't overcook it—you leach out the goodness if it's cooked too long."

Choose fine-quality buns—sesame, whole and multi-grain, for instance—that befit the burger. And when it comes to toppings, break out of the ketchup and mustard habit. Salamat suggests taking your cues from the meat. The earthy flavours of bacon and smoked cheddar suit beef.

"I also love to use mushrooms, any kind of grilled mushroom because the earthy flavour goes well with the patty," Salamat says. "If you sauté the mushrooms, a touch of soya sauce in the pan will deepen the earthiness." Foie gras adds true decadence. He suggests serving the lamb burgers with a minty yogourt-cucumber relish. Try chipotle sauce or crumbling goat cheese on a veggie burger.

Depending on your tastes, you can choose some or all of the following salads and side dishes for your meal. The salads are also adaptable as appetizers. Do all the prep work well in advance to avoid chopping and slicing while your guests are outside on the deck.

Onion rings (see recipe on page 49) are a tasty treat and surprisingly easy to make, even without a deep fryer. Slice Spanish onions, dip in a spiced tempura-based mixture, lightly fry in an inch (2.5 centimetres) or so of cooking oil, and be sure to keep warm on the top shelf of the barbecue while cooking the burgers. You can keep the buns toasty there too.

Asparagus on the grill is easy as can be but watch the spears carefully, rotating them often so they don't burn. Toss with vinaigrette of freshly squeezed grilled lemon and serve at once with a garnish of fresh raspberries for colour (see recipe on page 49).

For a fresh take on Caesar salad, romaine lettuce meets the grill. Cut the romaine in half lengthwise and place on the grill until light marks appear, being careful not to burn. Drizzle with classic Caesar dressing, top with croutons and divvy up among friends (see recipe on page 51).

You'll need to make time to prepare the remaining salads in advance. Salamat's coleslaw consists of thinly sliced cabbage, cucumbers and peppers dressed in a wasabi mayonnaise (see recipe on page 50).

In order to get the full pickling effect of the vinegar-based dressing in Pickled Spring Vegetables (see recipe on page 49), you must marinate

this salad of paper-thin carrots, daikon and cucumber in the fridge for a few hours. This dish does require some fancy slicing with a mandolin but the effect is beautiful.

Peach Melba (see recipe on page 51) gets the special treatment on the grill, if only for the few minutes needed to deepen the colour and bring out the essence of this summer fruit that Salamat layers with fresh raspberry sauce on a scoop of vanilla ice cream. Serve cool glasses of dessert wine to complement the flavour of grilled peaches.

There's a lot going on in this menu and it does take some careful planning and preparation. But it'll be well worth your effort when you sit down at the table with friends gathered round and relish this delicious summer feast.

BEEF BURGERS

ground beef, inside round	5 lbs	2.25 kgs
dry chicken base	1/4 cup	60 ml
burger seasoning	1/2 cup	125 ml
beef base	1/4 cup	60 ml
minced onion	1/3 cup	75 ml
garlic powder	1/2 Tbsp	7 ml
minced garlic	1/4 cup	60 ml
onion powder	1/2 Tbsp	7 ml
minced green pepper	1/4 cup	60 ml
paprika	1 tsp	5 ml
bread crumbs	1/3 cup	75 ml
salt and pepper	1 tsp	5 ml
2 eggs		
ketchup	1/2 cup	125 ml

Combine all ingredients in mixer until well combined but not over mixed. Form into 8-ounce (225-gram) patties and cook on grill set at 375 to 400°F (190 to 200°C) until well done. Makes 10 patties.

LAMB BURGERS

ground lamb	6 lbs	2.7 kgs
bread crumbs	1 1/2 cups	375 ml
6 eggs		
minced shallot	1/2 cup	125 ml
minced garlic	3 Tbsp	45 ml
ghee (clarified butter)	6 Tbsp	90 ml
salt	2 Tbsp	30 ml
fresh Italian parsley, chopped	1 cup	250 ml

Lamb burger special seasoning (one batch):

all spice	1 tsp	5 ml
ground black pepper	1 tsp	5 ml
ground cinnamon	1 tsp	5 ml
ground clove	1/2 tsp	2 ml
ground nutmeg	1/2 tsp	2 ml
fenugreek	2 Tbsp	30 ml
ground ginger	2 tsp	10 ml
salt	1 Tbsp	15 ml

Place all ingredients in mixer with paddle attachment and mix until well combined. Form into 8-ounce (225 grams) patties and cook on grill set at 375 to 400°F (190 to 200°C) until well done. Makes 10 patties.

All recipes courtesy executive chef Tahir Salamat from the grill at Cut.

VEGGIE BURGERS

red lentils, soaked overnight and drained	2 cups	500 ml
water for boiling lentils	3/4 cup	175 ml
minced garlic	2 Tbsp	30 ml
minced sun dried tomatoes	1/3 cup	75 ml
minced onion	1/3 cup	75 ml
minced cocktail onions	1/3 cup	75 ml
minced green peppers	1/2 cup	125 ml
lemon zest	1 Tbsp	15 ml
paprika	1 Tbsp	15 ml
onion powder	1/2 Tbsp	7 ml
garlic powder	1/2 Tbsp	7 ml
salt	1/2 Tbsp	7 ml
pepper	1 Tbsp	15 ml
cilantro, loosely packed and chopped	1/2 cup	125 ml
siriacha "chili sauce"	1 tsp	5 ml
bulgar, soaked and cooked	2 tsp	10 ml

Cook the soaked lentils in 3/4 cup (175 ml) water until tender and mushy and drain all excess water. Set aside until cooled slightly. Stir in the remaining ingredients and form into eight-ounce (225-gram) patties and cook at 375 to 400°F (190 to 200°C) until done. Makes 10 patties.

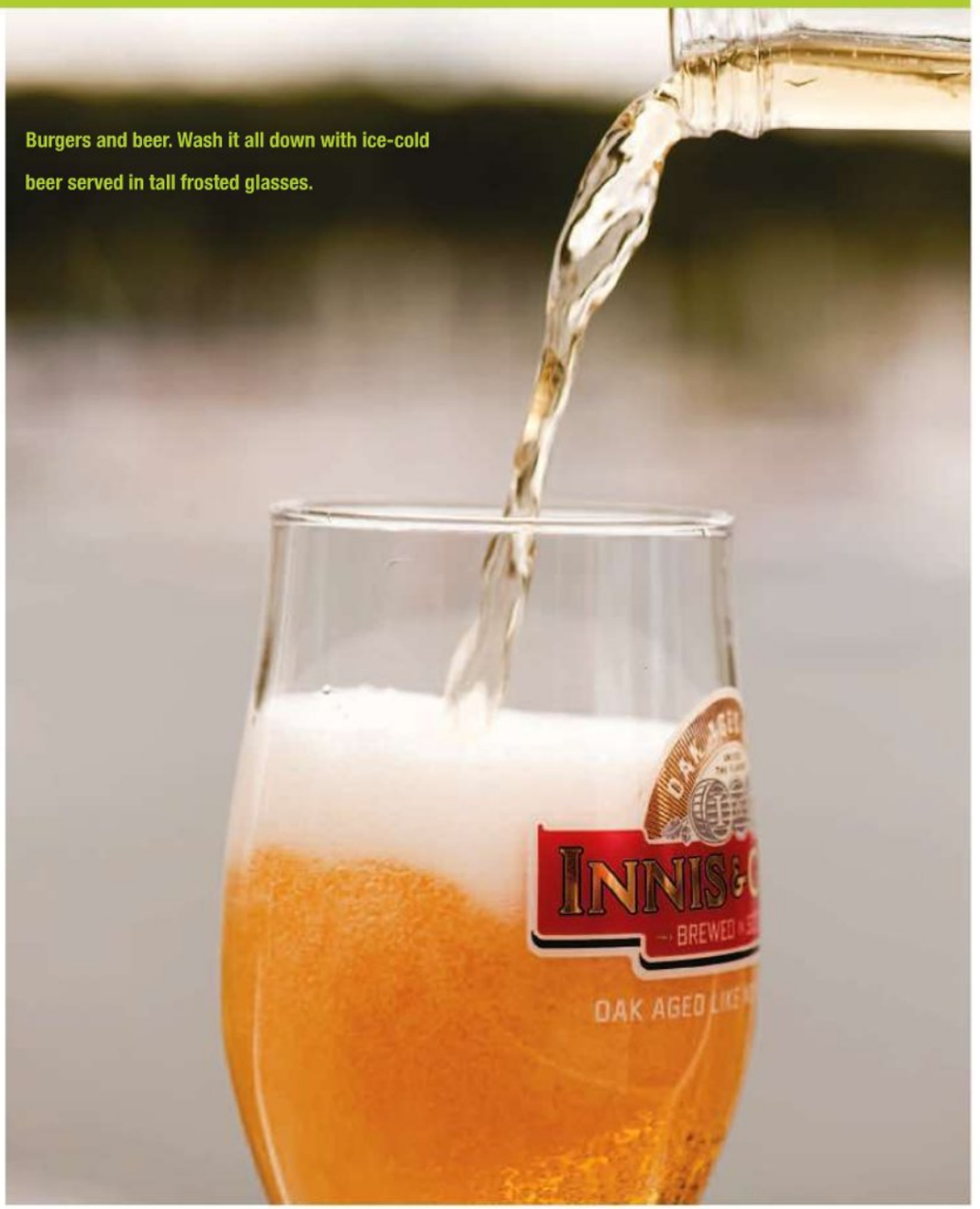
ONION RINGS

2 large Spanish onions, cut in 1/4-inch-thick (.6-centimetre-thick) rings.
canola or any other vegetable oil for deep frying.

For the batter:

tempura flour	1 cup	250 ml
all-purpose flour	1 cup	250 ml
baking powder	1 tsp	5 ml
salt	1/2 Tbsp	7 ml
curry powder	2 tsp	10 ml
onion powder	1 tsp	5 ml
garlic powder	1 tsp	5 ml
ice-cold water	2 1/2 cups	625 ml

Combine dry ingredients in a bowl and whisk in water until smooth. Dip the onion rings in batter, ensuring the rings have been completely coated and deep fry in a couple inches of hot oil until golden brown.



Burgers and beer. Wash it all down with ice-cold beer served in tall frosted glasses.

GRILLED ASPARAGUS

fresh asparagus	1 lb	450 g
1 lemon, cut in half		
extra-virgin olive oil	4 Tbsp	60 ml
sea salt	1 tsp	5 ml

Grill asparagus and at the same time, place lemon halves flesh-side down on the grill for 5 minutes over a medium-hot temperature. Each minute or so, roll each spear 1/4 turn. Spears should begin to be light-brown in spots. At this time, be careful that you do not burn them, checking the doneness as per your liking. Remove from grill, removing the lemon at the same time. In a mixing bowl, squeeze half of the grilled lemon, add extra-virgin olive oil and sea salt, combine, and pour over grilled asparagus. Toss lightly and serve.

PICKLED SPRING VEGETABLES

1 large carrot, thinly sliced		
1 medium daikon, thinly sliced		
1 medium cucumber, thinly sliced		
sesame oil	2 Tbsp	30 ml
sugar	2 Tbsp	30 ml
sea salt	1 tsp	5 ml
rice vinegar	3/4 cup	175 ml
fresh dill, chopped	2 tsp	10 ml

Using a Japanese mandolin, slice all vegetables thinly and then cut them on an angle into long ribbons.Toss in a bowl and add vinegar, oil, salt, sugar and dill. Mix well, refrigerate and let it marinate at least 2 to 3 hours. Serve as a side salad or appetizer.

COLESLAW

green cabbage, julienned	1 cup	250 ml
red pepper, julienned	1/4 cup	60 ml
green pepper, julienned	1/4 cup	60 ml
1/4 jalapeno pepper, julienned		
cucumber, julienned	1/4 cup	60 ml
wasabi mayo	3 Tbsp	45 ml
mirin	1 Tbsp	15 ml
salt and pepper,	to taste	

Toss all ingredients in a bowl and season to taste. Serve as a side salad or appetizer.

GRILLED ROMAINE SALAD

1 heart of Romaine lettuce, cut in half lengthwise
extra-virgin olive oil 2 Tbsp 30 ml
finely minced garlic 1/4 tsp 1 ml
6 cherry tomatoes, cut in halves
croutons
shaved Parmesan
good-quality Caesar dressing

In a bowl, mix olive oil and minced garlic and brush on hearts of romaine. Grill them until nicely grilled but not burned and set in serving bowl. Drizzle with Caesar dressing, croutons, shaved Parmesan and garnish with cherry tomatoes. Serve as a side salad or appetizer.

GRILLED PEACH MELBA

6 local ripe peaches, pitted and halved

For the sauce:
fresh or frozen raspberries 12 oz 360 g
granulated sugar 1/3 cup 75 ml
water 1/4 cup 60 ml
lemon juice 1 1/2 tsp 7 ml
lemon zest 1/4 tsp 1 ml
vanilla ice cream, 6 scoops
whipped cream (optional)
toasted almond slivers (optional)
sundae cups or ice cream dishes, chilled in the freezer

In advance, brush peaches with extra virgin olive oil and grill them face down on medium flame until golden brown and the skin starts to peel off away. Remove from grill, set aside and allow peaches to rest for 5 to 6 minutes. Peel the skin and refrigerate peaches until use. For the sauce: if using frozen berries, thaw a few hours in advance. Push raspberries through a fine-mesh sieve, discarding seeds and solids; set juice aside. In a saucepan, bring sugar and water to a boil for 2 minutes and remove from heat. Stir in lemon juice and zest. Stir this simple syrup (the sugar mixture) into seedless raspberry purée and chill for 30 minutes. Layer peaches and raspberries over ice cream in frosted dishes and garnish with fancy whipped-cream florets, sprinkled toasted almonds and serve immediately.

48 hour beef short rib braised in "Cracked Canoe" lager

CRACKED CANOE

olive oil	3 Tbsp
boneless beef short ribs "port steak"	4 pc
Spanish onion, diced	1
carrot, diced	1 cup
celery, diced	1 cup
garlic cloves, crushed	3
thyme sprigs	3
beef stock	1 L
Cracked Canoe lager	1 L
kosher salt and freshly cracked pepper	to taste

METHOD

Heat olive oil in medium pan over medium heat. Season short ribs with kosher salt and freshly cracked black pepper. Place ribs in pot and sear on all sides until deep brown. Remove meat from pot and set aside. Keep pot on medium heat and sauté onion, celery and carrot until caramelized. Add in garlic, thyme and the beer. Scrape bottom of pot, add in beef stock, and bring to a simmer. Reduce liquid by half. Return ribs to pot, making sure liquid covers them, and cover with tight-fitting lid. Place pot in a 170° F (76°C) oven and cook for 48 hours. After two days, remove beef from pot, strain liquid and reduce it to sauce consistency. Top beef with sauce and serve with mashed potatoes, roasted vegetables and mushrooms.

ADVERTISEMENT

Let in the light

BY SKANA GEE

ABOVE: Windows come in almost every shape, size and colour, complementing the design of any home. Arched fibreglass windows with wood interiors from Marvin Windows and Doors add a touch of elegance in this curved staircase.

OPPOSITE PAGE: Windows Plus Home Improvements installed a new fibreglass door with a custom transom window for this chic heritage-home entryway.

WE LOOK AT THEM ALL THE TIME and yet we don't really see them. And, well, that's the way it should be when it comes to windows.

"Once they're in, people don't think about them again—unless they leak or they're drafty," says Mark McGrath, president of Windows Plus Home Improvements in Dartmouth, Nova Scotia.

Still, homeowners invest a lot of time, energy and money in selecting the right windows for their homes. Single-hung? Casement? Double-glazed? Energy Star? R-value? It's definitely not as clear as glass.

"There are as many choices in windows as there are in cars," says McGrath, who has been in the business for 23 years.

Practical information that will take the guesswork out of your next window purchase

MATERIALS

A small percentage of homeowners, usually those with older abodes, choose wood windows. Some select fibreglass but most go with vinyl. "The maintenance is pretty much zero on a vinyl window," says salesperson Nadine Russell at Kent Building Supplies in Saint John, New Brunswick. Kent stocks vinyl windows from Atlantic Windows.

That was among the selling points for Halifax homeowner Sue Coueslan, who replaced a couple of windows in her South End "fixer-upper" last year and plans to do more this year. "They're a big investment, so we did a bit of shopping around," she says. "But in the end, they all kind of seemed the same. We opted for vinyl, which doesn't look as nice as wood, but is cheaper and with basically zero maintenance."

These days, you're not limited to simple white vinyl, either. There's a range of colours, from almond to forest green to Venetian red. And many styles—regardless of material—lift out easily or tilt in, for easy cleaning.

PRICE

Wood is about twice the price of vinyl, with fibreglass a mid-way compromise. McGrath offers these cost estimates (including installation and tax) for his favourite brand of vinyl window, Gentek:

- single vertical window: $500–$600
- two-light window (one side with crank, one side fixed): $700–$900
- basement window: $300–$400
- living-room window (centre fixed with two side windows): $2,000

YOU MAY NEED TO REPLACE YOUR WINDOWS IF:

- paint is continually peeling
- sash and/or sills are soft or bulging
- thermal seals are broken
- window is drafty
- window is leaking
- window is rotting
- window is not functioning properly

PHOTO ON OPPOSITE PAGE AND TOP: MARVIN WINDOWS AND DOORS. BOTTOM PHOTO: WINDOWS PLUS HOME IMPROVEMENTS

WINDOW DRESSING

EGRESS: A building code regulation that stipulates at least one bedroom window must be a certain size—that of an average firefighter with oxygen tank—for safety reasons.

R-VALUE: Represents the resistance a material has to heat flow; the higher the R-value, the greater the insulation properties.

U-VALUE: Indicates the amount of heat that escapes a surface; the lower the U-value, the better the insulation.

LOW-E GLASS: The "E" stands for "emissivity," and this glass works by reflecting heat back to its source.

ENERGY STAR: An international symbol of energy efficiency, indicating the product exceeds the minimum criteria for the climate.

GLAZE: Refers to layers of glass; hence double-glazed comprises two layers.

TILT-AND-TURN

WINDOW TYPES

Source: Canada Mortgage and Housing Corporation

CASEMENT: Hinged on one side and swings open like a door. This design provides the best seal and has the lowest air leakage for a window that opens.

AWNING: Hinged at the top and opens out from the bottom. With an effective seal, this design minimizes air infiltration.

HOPPER: Hinged at the bottom and opens in or out from the top. An effective seal minimizes air infiltration.

SINGLE-HUNG

HORIZONTAL SLIDERS: Consist of two sashes, one or both of which slide horizontally in the frame. They are the least energy-efficient of the types listed here and are prone to air and water leaks.

SINGLE-HUNG: Include one fixed sash (usually the top one) and one that moves up and down in the frame.

DOUBLE-HUNG: Include offset upper and lower sashes, which can both move up and down in the frame. Single- and double-hung windows are not as energy-efficient as awning or casement windows but their appearance may be more appropriate to the style of the house, especially in the case of older homes.

TILT-AND-TURN: Also called dual-action, they swing from the side or pivot from the middle. Others pivot from both the bottom (like a hopper) and the side (like a casement).

GETTING QUOTES

Russell recommends asking salespeople for a printout of the quoted window's features. Ensure it outlines all of the details, including whether the supplier will cover the installation costs.

One common challenge for homeowners is sizing. "A lot of homeowners ask me that—are my windows a standard size?" she says. "They are all custom—there is not really a standard size for windows."

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Quotes will necessitate a home visit, where a company representative can assess the overall situation, including sizing, trim and drywall. "There are a lot of different things I look for so we can make sure we're not going to run into any major problems," Russell says.

McGrath recommends getting quotes from recognized firms and avoiding those that use subcontractors for installations. "Ask whoever is coming to price the best that they have," he says. Computer programs are taking much of the guesswork out of window installation, so most quotes should only differ by five to 10 per cent.

"There's a business triangle: quality, price and service," McGrath says. "You can only offer two of three. You cannot offer the best quality, the best price and the best service," he explains, noting that most good windows will have a 25-year or a lifetime warranty.

APPLICATIONS

While windows may be mostly about function, there are certainly style trends. For living rooms, Russell sees people moving away from bow and bay windows and going with large picture windows that are book-ended by windows that open. "That gives a lot of viewing space," she says. "They can see the outside, obviously, and they also have venting options."

Another trend, especially in older homes, involves installing transom windows at the top of other windows. "They'll put grills in the transom and leave the window below plain," says Russell. "They still have their viewing area. It just dresses the window up slightly."

Awning windows, which are hinged at the top so the bottom portion opens, are all the rage in bathrooms and basements, she adds. While casement windows—most styles now have folding handles so as not to interfere with blinds or drapes—are the top choice for kitchens.

Double-hung windows, which used to be *de rigueur*, are now usually relegated to second stories. They're easy to clean because of the moveable panes "and you don't have to prop them up anymore with a block of wood," says Russell with a laugh.

But people should think carefully about how a window will function in the location. "If you've got a house on the hill over the harbour, putting in sliding windows is not a good idea because they're not as tight as a crank

window," McGrath says. And a bathroom window that cranks open onto a deck may not provide the privacy you need.

ENERGY EFFICIENCY

For many homeowners, energy efficiency is the main reason they decide to replace their windows. Environment-conscious or not, nobody likes losing their warm air to the outdoors.

An average home may lose 30 per cent of its heat or air conditioning through its windows. And with both provincial and federal programs allowing people to take advantage of grant money, replacing old, drafty or leaky windows is a no-brainer.

While Sue Coueslan's Halifax home needed upgrades aplenty, new windows were at the top of her wish list. "Windows, although not sexy at all, were kind of a priority," she says. "Mainly to conserve heat—they're drafty, being 70 years old with crappy old storms."

A home energy audit that will investigate the amount of heat/cold lost through windows is always a good idea. "If your windows aren't energy efficient, it's kind of the same as having a huge, gaping hole in the side of your house," Russell says. "You'll save money in the long run with heating and cooling bills. You will notice benefits that affect your wallet."

A casement window is the most energy-efficient because it opens out; when it's closed, a wind will simply close it tighter. But perhaps even more important is what's around the window.

"Most windows are rated to perform," McGrath says. "The biggest thing for energy conservation is the caulking and insulating around windows to reduce drafts. Any window with a gasket that you can compress is tighter than a window with feather weatherstripping [a slider, for instance]."

PHOTO: SOUTHWALL TECHNOLOGIES

Many homeowners are using energy-efficient glass to curb heat loss through windows. Southwall Technologies uses a heat-mirror insulating glass in their window products that reflects heat from the sun and ambient heat both inside and outside.

Windows Plus offers triple-sealed products, meaning weatherstripping on three surfaces. Filling tiny cracks around the frame and sill can make a remarkable difference. "They need to be foamed inside and outside, caulked inside and outside, with the proper sealant—and that could be a paper in itself," McGrath says.

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GLASS

"When we started, low-e glass—that's the high-performance glass—was virtually non-existent," McGrath recalls. "I would say we have not put in a window without low-e in about 10 years."

Low-e glazing redirects and insulates heat, and much window glass now is also argon- or krypton-filled, further lifting its energy-saving standards.

The Energy Star rating, an international symbol of energy efficiency, will help ensure you're purchasing high-quality glass. Still, McGrath recommends people don't tie themselves in knots over the various window ratings.

"It's an indicator, but it's not the be-all and end-all," he says. "It's great information for the lab but if you have a pinhole that somebody forgot when they were foaming around your windows, that makes a bigger difference in what you're losing."

The Insulating Glass Manufacturers Association of Canada sets standards for glass thickness, depending on the dimensions of a window—another thing homeowners don't have to worry about. And triple-glazed windows aren't necessary in our cool, damp climate. "It's more for a cold climate," McGrath advises. "Winnipeg is a good place for triple-glazed."

BUYER BEWARE

Just make sure you get what you pay for. When Amy Fitzpatrick ordered five new basement windows for her home in St. John's, Newfoundland, she asked for low-e argon windows. An evaluator had recommended this type during an energy audit of her 60-year-old bungalow.

When the evaluator returned to confirm the rebate, he told Fitzpatrick the new windows were not low-e argon. "It was a little stressful," Fitzpatrick says. "He told us to be very careful because some companies will charge you [for low-e argon] and not give it to you because they know you can't tell the difference. He said he's seen that quite a few times. You have to make sure you've got the Energy Star sticker on there."

Luckily in Fitzpatrick's case, it was simply human error and the company—a locally owned outfit—came back to replace the glass.

Much of McGrath's business comes from referrals and he suggests talking to friends, family members and neighbours about window companies they know and trust. "Not only is there a lot of information out there but there's a lot of spin," he says. "You could do a lot of research and still have a substandard project." ■

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All the home's *a stage*

BY JANICE HUDSON

BRIGHT GREEN IN THE MASTER BEDROOM, family portraits dominating the living room, a collection of vibrant tribal masks in the main entryway. You love these aspects of your décor—they show off your individual style and say a lot about your personal experiences.

But to a potential buyer, they can be a real turnoff. "Home staging is about taking out your personal taste," says Danielle Klassen, owner of A&E Home Staging and Redesign in Halifax. "It has to be neutral, so anything that would allow a buyer to be distracted needs to come down." Home stager Diana Ten Have agrees. "You want to make a buyer feel at home in the space," says the owner of Dutch Diva Home Staging in Salisbury, New Brunswick, serving clients in the greater Moncton area.

The idea is to make your home appeal to as many people as possible. "People buy on emotion," says Andrea Thiveos, owner of Roomscaping by Andrea in St. John's, Newfoundland. "Most people usually know within the first minute if they will buy it or not. If it's empty and cold or a mess and cluttered, they don't feel that it's home."

Showcase your home's best features, downplaying the idiosyncrasies of your personal life. "You don't want people to get bogged down with your trophies, photos of your children or diplomas," Thiveos says. "If someone is looking at 10 houses that day, when they think back to your house, they'll remember your kids, not the fireplace and the floors. It can take away from the home itself."

To sell your home quickly, decluttering the space and depersonalizing the décor is essential

LEFT: When it comes to staging your home, it's the little gestures that can make the best statement. A bouquet of fresh flowers is an easy way of refreshing your entryway or dining-room table on viewing day.

RIGHT: Clear your bedroom of magazines, toiletries and family photographs. A tasteful painting on the wall and a few bright toss cushions on the bed will provide just enough visual interest.

BOTTOM RIGHT: Neutralize bright colours and busy patterns in your décor with warmer tones. Don't hide wood floors under a large area rug—choose something smaller for underfoot in the seating area.

An essential first task is decluttering. "Remove the trinkets and collections on your tables and in your cabinets," says Thiveos. "Gut out the closet space and all of the cabinets. Space is so important—People will look everywhere and if your cabinets are blocked full, they'll think that you have no kitchen space or that your linen closet is too small."

Clean your house from top to bottom and ensure there's no odd smells in the air, particularly pet odours. Professionally clean carpets and fabrics if you smoke or have dogs but avoid using air fresheners or fabric sprays to mask the problem—many people are sensitive to those products.

Remove personal items such as magazines, toiletries, books and religious symbols. If your coffee table is normally stacked with items, remove all of them except for one statement piece like a large vase. Take away all pet items (toys, litter boxes, food bowls).

Good staging plays up a home's best features and minimizes its problem areas. In the entryway, a cluttered coat rack and piles of shoes will only make people notice that you lack a closet in that space.

Don't hide hardwood floors under a large area rug. "You're not selling the rug," Thiveos notes. If your living room space is large, define a small part of it by creating a seating area. Use only the essential furniture and put the rest in storage. Allow easy access to windows and don't block pathways with furniture, plants or other items.

"You only want enough furniture in each room to show its function," Klassen advises. "You want to make the space show as big as possible." In a dining room, have a dining-room table and matching chairs and perhaps a hutch, but nothing more. Set the dining-room table and buy a bouquet of fresh flowers for a centrepiece—those little touches will make your home stand out in a good way when you have a showing.

PHOTO OF FLOWERS ON OPPOSITE PAGE: JAMES INGRAM, JIVE PHOTOGRAPHIC. THIS PAGE, TOP: DANIELLE KLASSEN, AGE HOME STAGING AND REDESIGN. MIDDLE: DAWN MUNDEN, UPDATE INTERIORS. BOTTOM: DIANA TEN HAVE, DUTCH DIVA HOME STAGING.

Even if you've recently decorated your home, you should neutralize bright colours, busy patterns or bold accessories. "It should look like a show home," says Klassen. If you have strong colours, freshen the walls with neutral paint tones that are more appealing.

However, that doesn't mean you need to make your décor dull. "You can use artwork but it has to be neutral," Ten Have advises. "You may want to avoid displaying bright colours or a specific style. Go with a style that everybody likes, such as watercolours in softer colours."

Picking paint colours can be tricky; avoid using white as a fallback colour. "I had a client who had lots of dark oranges and browns in her décor and her real estate agent suggested painting everything white," Ten Have recalls. "It was like a hospital and it didn't feel good at all." She warmed things up by painting over it with beiges and mellow-yellow tones.

Beyond decorating, small practical investments in the kitchen and bathroom can add benefits when your home is on the market. "Install new cabinet doors in the kitchen, get rid of mouldy caulking in the bathroom and fix the cracks on the wall—that always increases the value of your home," Ten Have says.

Think about the outside too. "It's very important for that first impression," says Ten Have. "It has to be neat and decluttered." Make sure there's no garbage outside and put away any garden or yard tools. Paint the front door a fresh colour, place potted flowers near the entryway and mow the lawn. "People will assume that if you don't take care of the outside of your home, you don't take care of the inside," Klassen adds.

Many people assume that new homes don't need to be staged but even they can sit on the market for months if they don't appeal to buyers. "If you have old furniture sitting in there and it's very cluttered, it won't matter that it's a

new home," says Ten Have.

Staging empty homes is even more important. "Empty houses take about four times longer to sell than furnished ones," Thiveos says. People find it hard to visualize the empty space. "They find it hard to form an attachment without the furniture there," adds Klassen. "They don't know how their stuff would fit in. It also makes the space seem smaller."

She suggests renting furniture and accessories for the space, which costs between $250 and $400 per month. Though rates vary, most home stagers charge a one-time staging fee of between $350 and $550. "It's a good investment because if a house sits long enough on the market, people think something is wrong with it," Klassen says. "Staging always costs less than the first price decrease," adds Thiveos.

Hiring a professional for the job can make the process and the results more satisfying. "A lot of people have been living in their home for 20 or 30 years," says Klassen. "The way it looks, you feel, is the way you can sell it, but you have to think of it more as a piece of real estate and not as your home."

Ultimately, whether you hire a pro or do it yourself, the secret with staging is thinking beyond your personal tastes. "You need to make it feel like a home and then people can picture themselves living there," says Thiveos. ■

PHOTO: ANDREA THIVEOS, ROOMSCAPING BY ANDREA.

When it comes to furniture, use a minimal amount for defining each room's purpose. Extra items will make the space seem small and cluttered. Keep the pathways of your room clear and allow easy access to windows and other key features.

BIG TASTE *from a small space*

BY VERONICA LEONARD
PHOTOS BY COLIN LEONARD

With so much fresh produce available in stores and farmers' markets during the summer, you might wonder why people bother growing their own. But there are incredible benefits to planting a small garden in your backyard—tomatoes still warm from the vine, pea pods that burst apart with the lightest touch, and the peaceful moments you can spend in the space, breathing in the fresh fragrance of herbs.

Some homeowners are even starting to grow their own "chef's gardens," featuring a selection of herbs, vegetables and edible flowers. Many chefs in Atlantic Canada are taking a hands-on approach to gardening and are turning to their own garden plots for culinary inspiration.

Growing a chef's garden in your own backyard provides unlimited culinary inspiration

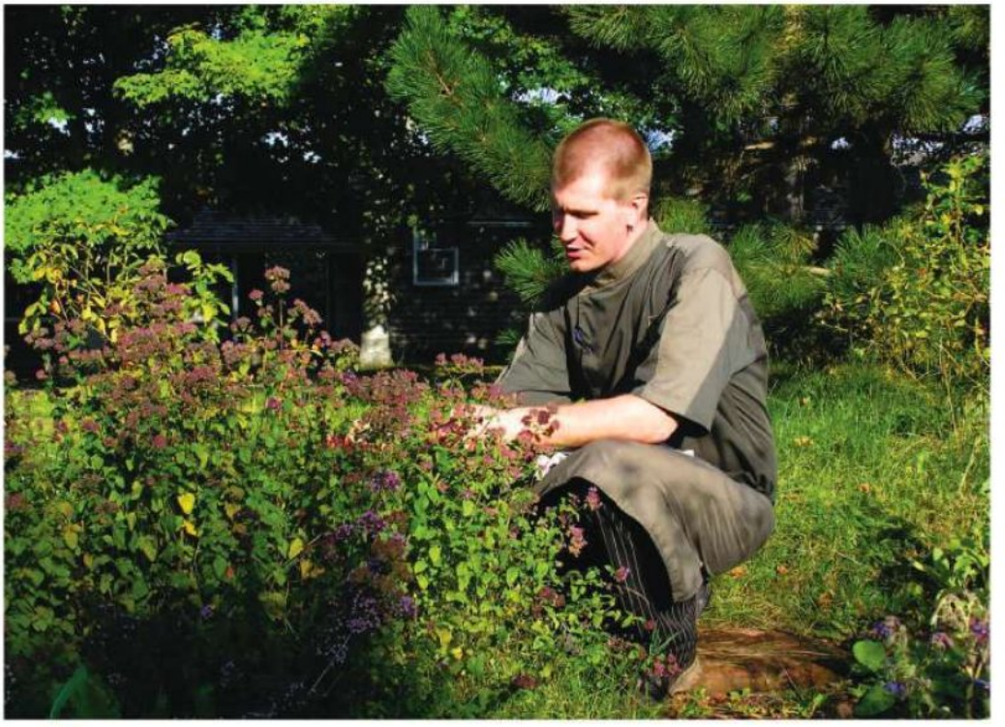
The Inn at Bay Fortune, in Bay Fortune, on the east coast of Prince Edward Island, has been growing most of its own vegetables, herbs and fruit since 1996. Three gardeners maintain its 16-hectare property, which also includes a half hectare for the chef's garden. It first came into the spotlight in 1998 with chef Michael Smith in the Life Network TV show *The Inn Chef*.

Chef Warren Barr now helms the kitchen, continuing the tradition of fresh produce and herbs. He grows a wide selection of herbs, vegetables and flowers. "I often come out here for a stroll in the late afternoon to clip herbs, edible flowers and salad greens," he says. "The fresh air, sunlight, sea view and the scent of herbs have a nice calming effect before the rush of the evening service."

Chef Shaun Zwarun of the DesBarres Manor Inn in Guysborough, Nova Scotia, also enjoys the benefits of tending his own chef's garden. He checks his 700-square-foot plot each morning, finding inspiration for the day's menu from what's ripe and abundant. "The garden tells me what to serve," he says, noting that he's often back during the afternoon, snipping herbs or gathering vegetables. Startled guests even see him out there at night with a flashlight, picking an extra bit of garnish.

The advantage of starting your own chef's garden is that you can pick produce and herbs at the peak of ripeness and control the growing process. "Twenty per cent of the flavour of plants is lost within three hours of picking," Barr explains. "Having a chef's garden helps the cook ensure the freshest flavour and be confident that nothing has been sprayed with harmful chemicals."

His favourite herb is thyme, which he uses for soup and sauce bases, roasting mushrooms, stews and braises. For glazing meat, he uses thyme-infused brown butter with a little garlic. Zwarun's passion is for basil and he grows six varieties. He likes its vibrant, aromatic flavour



Inn at Bay Fortune

OPPOSITE PAGE: Straight from the garden. Chef Shaun Zwarun tends his herbs and edible flowers in his garden patch on the grounds of the DesBarres Manor Inn in Guysborough, Nova Scotia.

ABOVE: Chef Warren Barr forages for veggies, herbs and flowers in the fragrant gardens at the Inn at Bay Fortune in Prince Edward Island. Both chefs take cues from what's fresh and ripe in the garden when coming up with new recipes.

that complements just about any dish. Fennel is a close second for both chefs.

When planning what plants to include in your chef's garden, select varieties that grow well in Atlantic Canada with little maintenance. Your options are pretty wide: parsley, oregano, sage, rosemary, tarragon, cilantro, dill, lemon balm, lovage, mint, chives and garlic chives will provide a good base.

Watch out for invasive herbs, such as mint, that can take over the space. To take advantage of his abundant mint crop, Zwarun uses mint generously as a garnish for desserts and breakfast meals and even makes a special mint pesto (see recipe on page 66).

Beyond herbs, Barr and Zwarun's chef gardens also include low-maintenance vegetables, such as tomatoes, zucchini, carrots, peas, beans and assorted salad greens. By careful harvesting, Barr prolongs the life of his greens. "Many people pull out their lettuces when they harvest them, but if you just snip off selected leaves, a row of lettuce can continue to yield all summer," he says.

He's also fond of peas and even long after he's harvested the crop, he'll continue using the stems, leaves and vine tendrils as edible garnishes. Zwarun includes colourful curly kale in his chef's garden and enjoys preparing it as an alternative to chips for dipping in salsa.

If you want to bring colour to your garden and your dinner plate, grow edible flowers like calendula, pansies, nasturtiums and lavender. You can use lavender for French entrées and desserts. Many herbs also have attractive flowers that you can use as a tasty garnish. On the fruit side of things, rhubarb plants and strawberries are easy to grow, too, providing you have space.

Starting locally produced seed indoors can help fight the winter blahs but commercially grown bedding plants are just as good. Dill, summer savoury and cilantro are hardy enough to plant from seeds once all risk of frost is past. However, don't transplant bedding plants until late June when nighttime temperatures are above 12°C (54°F).

Shaun Zwarun does the planting at DesBarres Manor. "I use both seeds and bedding plants, depending upon the length of the growing season," he says. "About 60 per cent of the garden comes from seeds—squash, tomatoes, cucumber and all of our edible flowers and herbs. It is a great satisfaction to watch the food grow from a seed to putting it on a plate in the dining room."

Even if you lack the space for a large selection of plants, you can still incorporate some basic

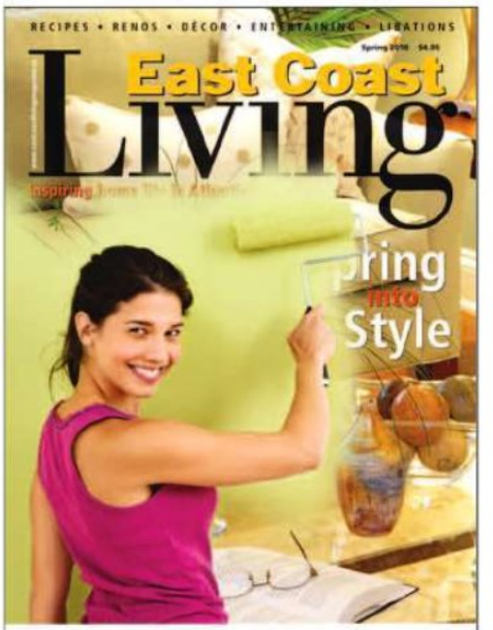
elements of a chef's garden into your landscaping. Miniature tomatoes interspersed with basil make a decorative and fragrant patio planter. In a flower bed, intersperse herbs like oregano, thyme and rosemary with edible flowers, providing scent, texture and colour in the space. Plant runner beans, with their orchid-like scarlet flowers, along a trellis against a backyard fence and save a small plot for lettuce, carrots and peas.

The size of your chef's garden doesn't really matter—it's the joy of stepping outside and picking the freshest produce that provides the best rewards. That kind of inspiration can turn the ordinary cook into a gourmet chef.

Herbs can thrive in almost any garden setting, whether in containers on the patio or along the borders of flower beds or rock gardens. You can also combine herbs with edible flowers, giving your garden texture, scent and colour.

LEMON BALM

GARLIC



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CRISPY KALE CHIPS

Recipe courtesy chef Shaun Zwarun, DesBarres Manor Inn

1 bunch kale		
olive oil	2 Tbsp	30 ml
sea salt	1 tsp	5 ml
cayenne	1/4 tsp	1 ml
fresh black pepper to taste		

Preheat oven to 375°F (190°C). Using kitchen shears, cut kale leaves from stems. Wash and dry thoroughly. Toss kale leaves in oil and seasonings. Bake until crispy for 10 to 17 minutes. Watch carefully the last few minutes. Serve hot or cold with any type of salsa or dip. Serves 4.

GARDEN TOMATO AND BASIL SALSA

Recipe courtesy chef Shaun Zwarun, DesBarres Manor Inn

garden tomatoes, diced	2 lbs	907 g
packed garden basil, chopped	1/2 cup	125 ml
3 garlic cloves, minced		
ground cumin	1 tsp	5 ml
chopped cilantro	3 Tbsp	45 ml
cayenne	1/2 tsp	2 ml
brown sugar	1 Tbsp	15 ml
lime juice	1/4 cup	60 ml
cider vinegar	3 Tbsp	45 ml

Mix all ingredients in a large bowl and let rest for 3 to 4 hours so the flavours incorporate. Use immediately or bottle in sterile bottles for future use.

MINT PESTO

Recipe courtesy chef Shaun Zwarun, DesBarres Manor Inn

packed mint leaves	2 cups	500 ml
packed basil leaves	1 cup	250 ml
toasted almonds	1/2 cup	125 ml
2 garlic cloves, minced		
lime juice	3 Tbsp	45 ml
olive oil	1/4 cup	60 ml
Asiago cheese, shredded	1/4 cup	60 ml
sea salt and pepper to taste		

Place all ingredients in a blender, with the exception of the olive oil, and blend for about 10 seconds. With motor running, slowly add olive oil to the ingredients until well combined. Add salt and pepper to taste. This pesto works well with lamb dishes, pastas and in salad dressings.

POACHED EGGS WITH WARM POTATO SALAD AND BASIL PESTO

Recipe courtesy chef Warren Barr, The Inn at Bay Fortune

For the basil pesto:

packed basil	1 1/2 cups	375 ml
olive oil	3/4 cup	175 ml
pine nuts	1/4 cup	60 ml
grated cheddar or Parmesan cheese	1/4 cup	60 ml
1 garlic clove		
zest of 1 lemon		
salt and pepper		

Blanch the basil in salted water for 1.5 minutes, shock in ice water. Blend garlic, cheese and olive oil until well broken up. Squeeze the water from the basil and add the basil to blender, blending until smooth. Add pine nuts and lemon zest and pulse the blender to break up the pine nuts a bit. Season to taste.

For the potato salad:

2 large Yukon gold potatoes		
1 onion, sliced		
1 cob of corn, kernels removed		
2 thick strips of double smoked bacon, diced		
olive oil	2 Tbsp	30 ml
white wine vinegar	2 Tbsp	30 ml
salt and pepper		

Dice the potato and boil until cooked. Drain water and toss with olive oil, vinegar, salt and pepper. In a frying pan, brown the bacon. Once it has colour, add onions and corn kernels, continue cooking until the onions begin to colour. Remove from heat and add to the potatoes, mixing well. Place some basil pesto on four plates. Make sure the potato salad is still warm (if not, use the microwave) and put a large spoonful of it in the centre of each plate. Top with two poached eggs and toast fingers. Serves 4.

POTATO AND LOVAGE VELOUTÉ

Recipe courtesy chef Warren Barr, The Inn at Bay Fortune

2 Yukon gold potatoes, peeled and sliced thin		
1 knob butter		
1 onion, sliced		
2 garlic cloves, crushed		
1 strip of bacon		
1 sprig thyme		
milk	1 1/2 cups	375 ml
chicken stock	2 cups	500 ml
cream	1/2 cup	125 ml
lovage leaves, blanched for 1 minute	1/2 cup	125 ml
salt and pepper		

This cream soup uses thyme and lovage. Lovage is a bushy perennial herb that can grow to 6 feet tall (1.8 metres tall). Sweat the butter, onion, garlic, thyme and bacon until the onions are translucent. Add the potato, milk, cream and stock and bring to a boil. Simmer until the potatoes start to fall apart. Blend until smooth, add the lovage and blend again until smooth. Season and serve.

SALMON GRAVLAX

Recipe courtesy chef Warren Barr, The Inn at Bay Fortune

1 salmon fillet		
coarse sea salt	1/2 cup	125 ml
dextrose (or sugar)	3/4 cup	175 ml
coriander seed	8 Tbsp	120 ml
anise seed	6 Tbsp	90 ml
mustard seed	3 Tbsp	45 ml
handful of dill, chopped		
1 lemon		

Toast the dried seeds and crush with the bottom of a pan. Combine with the salt, dextrose and dill. Rub the mixture together between your hands to release the dill aroma. Sprinkle some of the cure into a pan large enough for the salmon fillet and lay the fillet over it, skin side down. Cover the fillet with the remaining cure and carefully rub it into the salmon. Wrap it and keep in the fridge for 4 to 5 days, flip the salmon fillet over after 2 days. Once the fillet is firm to the touch rinse it off. This will last for a week in the fridge and is best served as thin slices on toasted rye bread with sour cream, pepper, pickled onions and fresh dill sprigs. ■

PHOTOS: ISTOCKPHOTO.COM

BY CRAIG PINHEY

Yours for the making

Whether from kits or locally sourced grapes, making wine at home is gaining popularity in our region

It's time to cast off those memories of homemade wine—sour reds and undrinkable whites. Homemade wine has come a long way in recent years. Thanks to improvements in equipment and winemaking kits, you can create fruity off-dry white wines like basic German Riesling or easy-drinking, soft red wines like Aussie Shiraz. Even more complex, age-worthy wines are now within your grasp.

With more Canadians than ever drinking wine, there has been steady growth in homemade wine in Atlantic Canada—from kits, from juice or grapes and even at local U-Vints or U-Vins. At U-Vints, customers ferment, store, and bottle the wine onsite, taking it home for their own personal consumption. These are permitted in New Brunswick and Prince Edward Island but not in Nova Scotia and Newfoundland (check out www.uvintns.ca for information about the U-Vint campaign in N.S.).

Wine-kit and U-Vint business in Atlantic Canada is growing. "Atlantic Canada is still experiencing growth and has not flattened out yet," says Stephen Haynes, co-owner of Noble Grape, a company with homebrew and home-winemaking shops in Nova Scotia and a ferment-on-premise location in Fredericton. "Part of the reason is U-Vint," he notes. "New Brunswick's growth over the last five years has been significantly above average...even for Atlantic Canada."

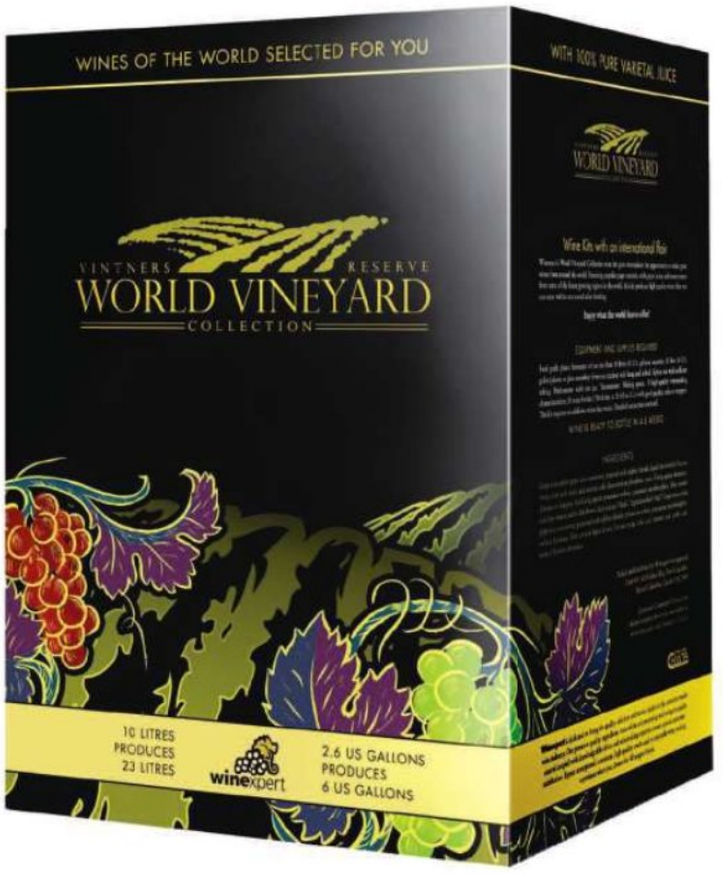


PHOTO OF WINE GLASSES: NOVASCOTIAN CRYSTAL. PHOTO OF WINE KIT: NOBLE GRAPE.

Camille Bordage credits the surge to the quality of wine kits. "The quality of wine made from kits is having a huge effect in growth of repeat clientele," says the of owner of Grape D'Vine, a U-Vint in Quispamsis, New Brunswick. "Many of these wines rival in quality the shelf stock available through the usual outlets."

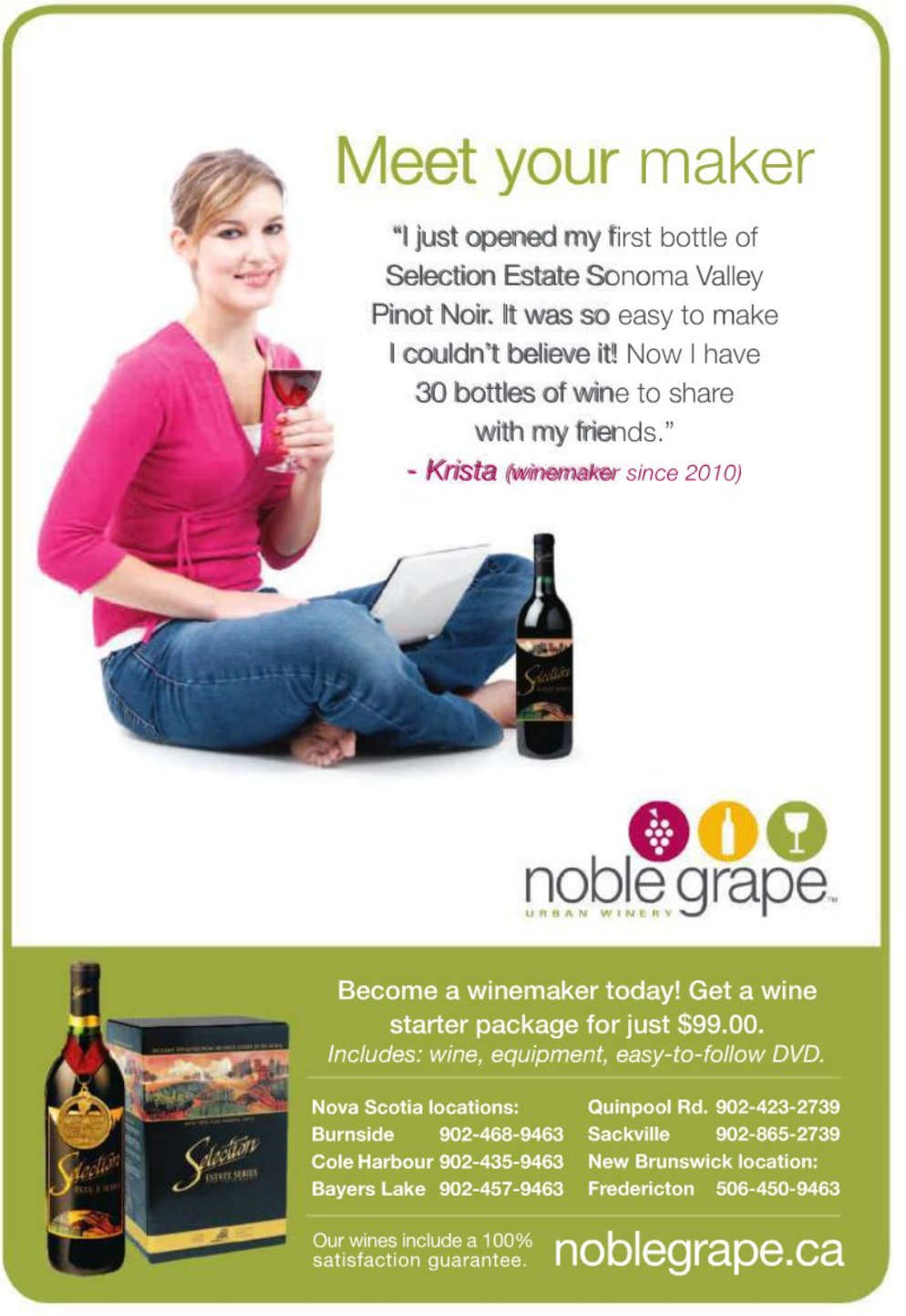
It may be surprising for many wine lovers just how easy is it to make good wine at home or at a U-Vint. First, you need equipment. Most shops will sell you a starter pack starting from around $100, which includes a basic kit plus essential equipment. Required equipment includes a fermenter (minimum 27-litre food-grade plastic bucket), a secondary fermenter (23-litre glass carboy), a hydrometer for measuring the specific gravity to monitor the conversion of sugar to alcohol, a thermometer, an air lock and bung, a stirring implement, a racking cane (for transferring wine without bringing over sediment), a siphoning hose and a "wine thief"—a device for taking samples from the fermenter.

Other supplies include potassium metabisulphite for making "stable" wine, sanitizer and bottling needs (bottler, filler, filtering equipment, corks, labels and bottles). Keeping the area clean and the equipment sterile is essential to prevent unwanted wild yeast or bacteria from ruining your wine.

Once equipped, you need to choose a kit, which will include grape juice, yeast, sulfite, clarifying agents, potassium sorbate and other things like oak chips, elderberry, sugar, glycerol (for body), tannin powder and acid blends.

The range of quality and cost of wine kits is large. Simple 7.5- to 10-litre concentrate kits cost between $35 and $55 (about $1 to $2 per bottle). You add water to these kits, providing you with about 23 litres of wine in four weeks. Costs jump as the ratio of juice-to-concentrate increases. Premium four-week, 10-litre kits have a higher ratio of juice and go for around $70 to $90. Premium six-week kits require less water, if any, and use varietal grape juice from a specific grape or grapes. Some red wine kits

Home wine kits are becoming quite sophisticated, with premium options now on the market that use high-quality grapes and fresh grape skins to enhance flavours. You can even find kits for making fruit wine and dessert wine.



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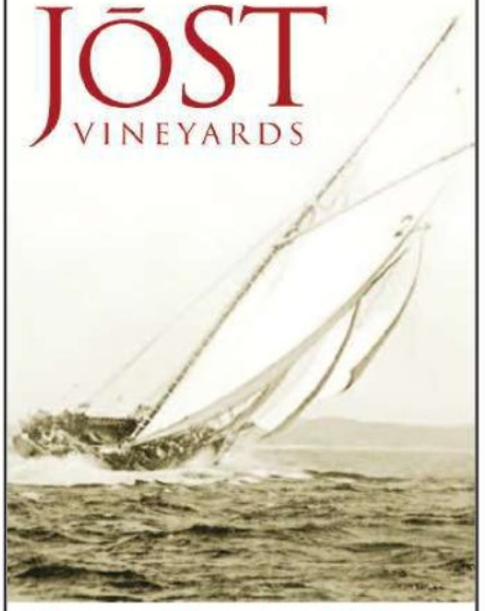

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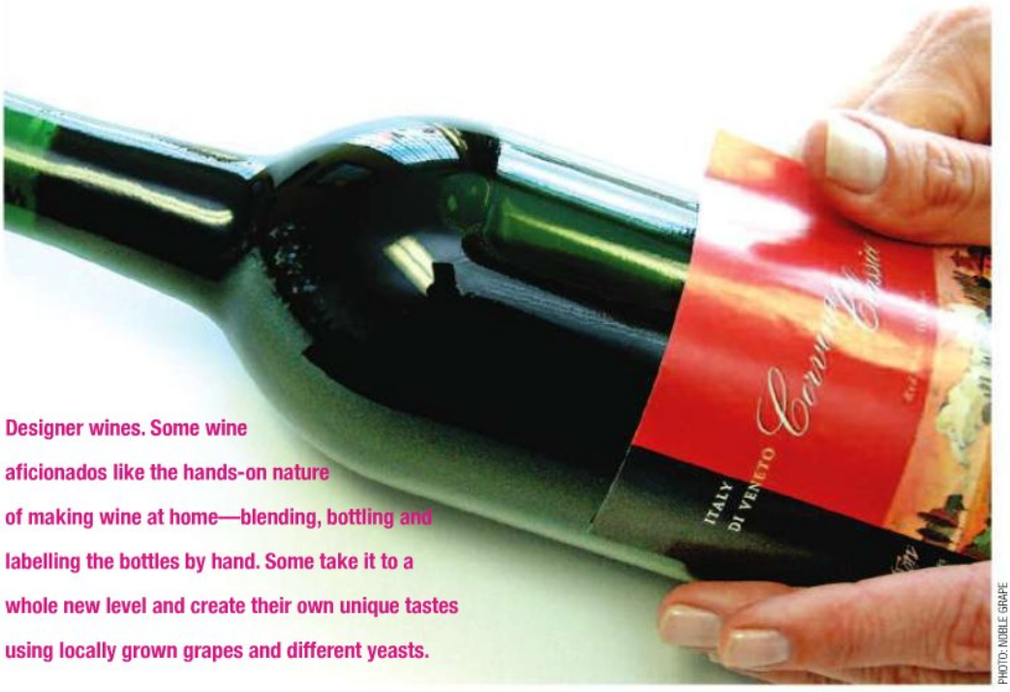

Designer wines. Some wine aficionados like the hands-on nature of making wine at home—blending, bottling and labelling the bottles by hand. Some take it to a whole new level and create their own unique tastes using locally grown grapes and different yeasts.

PHOTO: NOBLE GRAPE

come with dried grape skins to increase flavour, colour and tannins. These kits fall in the $100 range (around $3.30 per bottle).

There are 18-litre ultra-premium eight-week kits, starting at $100 but ranging to over $200, that use more premium grapes. Some include fresh grape skins to enhance the final product complexity and ageability. These end up over $4 a bottle. There are also fruit wine and dessert wine kits.

No matter what kit you select, follow the directions closely. A single mistake could wreck a good wine. Watch the demonstration videos at www.noblegrape.ca or www.winekitz.com before starting. As you gain experience, you may find yourself tweaking the instructions but stick to the plan for your first few kits.

At a U-Vint the process is simple because employees assist at every stage. You must pitch the yeast and bottle the wine but they rack and store it for you. Bottling is fun—they have filtration and bottling equipment and do the clean-up. The fee adds up to around $2 to $3 per bottle, raising your ultimate per-bottle cost to $4 to $5 for a basic kit, $7 to $8 for the top of the line.

There is a community in Atlantic Canada of serious hobbyists who don't use kits. Working with grapes requires an additional skill set and equipment: basically you transform your home into a small-scale winery.

Marta Mihoff is an award-winning winemaker from Musquodoboit Harbour, Nova Scotia who has been making wine for over 30 years, kit-free. A member of the Annapolis Valley Vintners and Wine Judges of Canada, she sources grapes and fresh juice from local growers.

It's a lot more work to make wine by hand, but you have more control over the finished product. Mihoff succinctly describes the process: "Crush, press, ferment for white and crush, ferment, press for red," she says. "After that, regular racking and finally blending. Blending is the key to good wine."

Her favourite locally grown grapes include New York Muscat, L'Acadie Blanc, Ortega, and Vidal for whites, and Triomphe D'Alsace, Precose, and Baco Noir for reds. "Mine have come from the North Mountain around Canning and from around Berwick [all in Nova Scotia]," she adds.

She uses liquid yeasts or specialty yeasts ordered from Ontario. "I will use two or three different yeasts on my wines," she says, "hoping for a bit of complexity." Other techniques she uses are the addition of oak for certain wine styles, and malolactic fermentation. This process makes wine softer and smoother tasting, giving buttery or caramel notes that are appealing in certain wines.

Although she avoids kits, Mihoff thinks U-Vints could help strengthen the wine industry in Atlantic Canada. "I think U-Brews are great," she says. "I wish we could have them in Nova Scotia as I believe they promote and encourage the education of wine drinkers and develop a market for the whole industry."

Whether winemaking for you is a fun pastime or an all-consuming art, crafting your own wine at home can be a unique way of expressing your creativity and personal taste for wine. ■

Remarkable SURFACING

Remarkable Surfacing offers a unique new paving product for shoppers in Nova Scotia. This new product looks like paving stone, can be customized and has the ability to transform driveways of all kinds in both commercial and residential applications. Stamped Asphalt, Thermo Print, Friction Pave and Stencil Coat are especially durable and can withstand the unpredictability of our weather, traffic, salt and even snowplows while maintaining their look. Installation is quick and easy—and in the end, this fabulous new system will add value to your property and boost your curb appeal without breaking the bank.

For more information on how to transform your driveway, surf to www.remarkablesurfacing.com

Remarkable SURFACING

Phone: 404-4395
Fax: 832-9461

New & Interesting

M Home

The 1960s are back. This image is from a series of prints with the sleek retro look that is hot right now in home décor. Combining contemporary lines with accent colours like orange, gold and fig green, rooms are slick, sexy and relaxed. Now, who wants a martini?
www.mhome.ca

Atlantic Lighting Studio

Snoc, a leading Canadian manufacturer of exterior light fixtures, has a new line of LED carriage lanterns. The lights offer an 85-per-cent reduction in operating costs versus conventional lights. Free of fragile filaments, the lights are resistant to heat, cold and shock. The durable, eco-friendly fixtures also have a lifespan of 10 years. Available at Atlantic Lighting Studio in Wolfville, N.S. **www.atlanticlightingstudio.com**

Shur-line eco brush

Shur-line has a new collection of eco-friendly paint brushes and rollers. The brushes boast bamboo handles, bristles made with recycled polyester and biodegradable packaging. Recycled aluminum holds the bristles in place. These high-quality brushes are suitable for all paints and stains, providing one-coat coverage. Look for them at hardware stores in Atlantic Canada.

Fence Art by Neil Menzies Designs

Using locally sourced hemlock and spruce, Menzies handcrafts rustic wood accents and designs elegant artistic backdrops for gardens and outdoor living spaces, including ornamental and privacy fencing, pergolas, arbours and patios. With 10 years experience in custom woodworking and stone masonry, Menzies can develop a unique design that will enhance any outdoor space. **www.fenceartdesigns.ca**

Style 52

The Geneva Sound System is an iPod sound system that's also a chic piece of furniture crafted out of piano-lacquered wood. Its built-in stereo tweeters, woofers and subwoofers deliver sound performance on par with larger and more expensive stereos. Its striking design makes for an attractive look in any part of the home. Available at Style 52 in Bayers Lake, Halifax, next door to Floors Plus. **www.style52.com**

Black & Decker cordless mower

Black & Decker's new 36-volt rechargeable lawn mower helps achieve a manicured lawn without the hassles of gas, chords and loud noise. The mower produces no harmful emissions and features a new blade design and an efficient, high-performance motor, cutting up to 12,000 square feet with just one charge. The mower is available at hardware stores across Atlantic Canada.
www.blackanddecker.com

SOURCE DIRECTORY

Now that you've seen all the quality products and services available in Atlantic Canada, here's a guide to help you access these products for your own home.

All Weather Windows (p. 2)
1-866-922-7661
info@allweatherwindows.com
www.allweatherwindows.com

Art Gallery of Nova Scotia (p.11)
(902) 424-3003
infodesk@gov.ns.ca
www.artgalleryofnovascotia.ca

Atlantic Gardens (p. 27)
(902) 835-9551
(902) 835-6462 (fax)
www.atlanticgardens.ns.ca

Attica (p. 23)
(902) 423-2557
(709) 739-8382
info@attica.ca
www.attica.ca

Bath & Kitchens Unlimited (p. 42)
(506) 867-7640
(506) 867-7644 (fax)

Better Baths (p. 38)
(902) 494-5266
www.betterbaths.ca

Blinds by Design (p. 56)
(902) 835-3327
info@BlindsByDesignInc.com
www.BlindsByDesignInc.com

BlindSource Incorporated (p. 60)
(902) 468-5677
blindsource@ns.aliantzinc.ca

Bogside Gallery (p. 36)
(902) 453-3063

BSH Home Appliances Corp. (p. 27)
(506) 961-2572
kevin.melanson@bshg.com
www.bosch-home.ca

Cabinetworks Limited (p. 20)
(902) 468-8118
info@cabinetworks.ca
www.cabinetworks.ca

Canterbury Woodworks (p. 19)
(902) 835-1931
info@canterburywoodworks.com
www.canterburywoodworks.com

Cathy Buik Interior Design (p. 31)
(902) 832-6603
(902) 832-6638 (fax)

Clearwater Seafoods Ltd. Partnership (p. 69)
1-877-567-1117
www.clearwater.ca

Creative Millwork & Design (p. 31)
(902) 497-5141
jaye@creativemillworkanddesign.com
www.creativemillworkanddesign.com

Creative Sunrooms/ Fourseasons Sunrooms (p. 40)
1-866-455-7866
(902) 455-7866
www.creativeca.fourseasons sunrooms.com

Dairytown Products Ltd. (p. 64)
1-800-561-5598
info@dairytown.com
www.dairytown.com

The Decorating Shoppe (p. 10)
(902) 425-3933
decoratingshoppe@ns.aliantzinc.ca
www.thedecoratingshoppe.ca

Era Urbano (p. 60)
(506) 384-4372
info@eraurbano.ca
www.eraurbano.ca

Fabricville (p. 57)
www.fabricville.com

Geddes Furniture & Antiques (p. 76)
(902) 454-7171 / 1-866-443-3337
info@geddesfurniture.com
www.geddesfurniture.com

Genuine Kitchens (p. 61)
(902) 468-8431

Grand Pré Wines Ltd. (p. 70)
(902) 542-7177
(902) 542-0060 (fax)

Henhouse (p. 20)
(902) 423-4499
info@henhouse.ca
www.henhouse.ca

Heritage Granite (p. 36)
(902) 798-4780

Hunter Douglas (p. 5)
1-800-265-8000
www.hunterdouglas.ca

Infinity Fibreglass Windows (p. 55)
(902) 403-6768
www.infinitywindows.com

Jost Vineyards (p. 70)
1-800-565-4567
info@jostwine.com
www.jostwine.com

Kent (p. 66)
(506) 648-2625
pyne.angie@kent.ca
www.kent.ca

Kohler (p. 9)
www.kohler.ca

La-Z-y Boy (p. 21)
www.la-z-boy.com

Lifestyle Interiors (p. 41)
(902) 423-5604
(902) 477-2590 (fax)

Liv Outdoor Inc. (p. 8)
(905) 852-0905
sales@livoutdoor.com
www.livoutdoor.com

Living Lighting Home Décor (p. 60)
Halifax: (902) 406-3939
Dartmouth: (902) 468-2810
litenup@ns.aliantzinc.ca
www.livinglighting.com

M Home (p. 38)
(902) 429-4333
www.mhome.ca

Maritime Window Film Specialists (p. 56)
1-800-667-8467
Halifax: (902) 422-6290
Moncton: (506) 855-0855
chris@cooltint.com
www.cooltint.com

Marwood Properties (p. 19)
(902) 838-5465
www.metagroup.ca

McKenzie Seeds (p. 26)
www.mckenzieseeds.com

Metro Building Supplies Limited (p. 40)
(902) 894-5536
buy@metropei.com
www.metropei.com

Moosehead Breweries (p. 50, 51)
www.moosehead.ca

Noble Grape (p. 69)
www.noblegrape.ca

Nova Scotian Down Products (p. 60)
(902) 852-3768
novascotiandownproducts@ ns.sympatico.ca

Nova Tile & Marble Limited (p. 10)
(902) 468-2945
admin@ntmgranite.ca
www.ntmgranite.ca

Pollination Project (p. 39)
(902) 624-1979
camelia@pollinationproject.org
peter@pollinationproject.org
www.pollinationproject.org

Polytech Windows and Doors (p.54)
1-888-468-4551
(902) 468-4551
jennifer.fraser@polytechproducts.com
www.polytechproducts.com

Ravenwood Stairways Inc. (p. 22)
(902) 853-3037
info@ravenwoodstairways.com
www.ravenwoodstairways.com

Refined Cabinets (p. 8)
(902) 437-2651
refinedcabinets@pei.sympatico.ca
www.refinedcabinets.ca

Remarkable Surfacing (p. 71)
(902) 404-4395
www.remarkablesurfacing.com

RE/MAX Charlottetown – Linda Anderson (p. 20)
(902) 393-4050
1-866-992-9964
melinda@pei.sympatico.ca
www.IslandRealtorFromAway.ca

Richard Earle Architects Limited (p.36)
(902) 462-7777
rearch@eastlink.ca

Shaw Brick (p. 39)
(902) 883-2201
(902) 883-1273 (fax)
www.shawbrick.ca

Spring Garden Road Business Association (p. 6)
(902) 423-3751
springarden@ns.sympatico.ca
www.springgardenroad.com

Stonetile (p. 40)
(902) 468-0719
stonetile@ns.aliantzinc.ca
www.stonetile.com

Style 52 (p. 75)
www.style52.com

Tim Kim Trim (p. 40)
(902) 798-8906

Toyota (p. 7)
www.atlantictoyota.ca

Urban Edge Shading Inc. (p. 22)
(905) 470-6901
info@urbanedgeshading.com
www.urbanedgeshading.com

Vicwest (p. 3)
(506) 758-8181
info@vicwest.com
www.vicwest.com

Wilson Flooring (p. 41)
(902) 832-9800
(902) 832-9273
www.wilsonflooring.ca

Windows Plus (p. 56)
(902) 482-1000

Windsor Home Furniture (p.39)
(902) 798-3222
info@windsorhomefurniture.ca
www.windsorhomefurniture.ca

Zephyr Rug and Home (p. 11)
(902) 446-4622
info@zephyrhome.com
www.zephyrhome.com

FEATURED SUPPLIERS

These companies supplied products and services for the Building feature on pages 32–43.

Windows
Central Warehouse Supply
1-888-348-8888
www.centralns.ca

Heating Systems
W.R. Graham Services
(902) 752-8936

Fireplaces
Central Warehouse Supply
1-888-348-8888
www.centralns.ca

Security System
ADT
www.adt.ca

Flooring
Martock Woodworking
(902) 792-1703

Quinn Flooring
(902) 798-4811
tquinn@ns.sympatico.ca
www.quinnflooring.com

Mouldings
Tim Kim Trim
(902) 798-8906

Countertops
Heritage Granite
(902) 798-4780

Lighting
Central Warehouse Supply
1-888-348-8888
www.centralns.ca

Home Depot
www.homedepot.ca

Architect
Richard Earle Architects Limited
(902) 462-7777
www.richardearlearchitects.com

Cabinets
Canterbury Woodworks
(902) 835-1931
info@canterburywoodworks.com
www.canterburywoodworks.com

Martock Woodworking
(902) 792-1703

Wall Finishing
Home Depot
www.homedepot.ca

Home Hardware
www.homehardware.ca

Staircasing
Pier 101 Home Designs Inc.
1-800-476-9514
www.pier101.ca

Building Materials
Shaw Brick
(902) 883-2201
(902) 883-1273 (fax)
www.shawbrick.ca

Furniture & Appliances
Home Sense
www.homesense.ca

M Home
(902) 429-4333
www.mhome.ca

Sears
www.sears.ca

UpCountry
www.upcountry.com

Value Village
www.valuevillage.com

Windsor Home Furniture
(902) 798-3222
info@windsorhomefurniture.ca
www.windsorhomefurniture.ca

We love this lounger.

ORANGE CRUSH

Give your outdoor space a splash of citrus with this resign wicker lounger and ottoman from HomeSense ($129.99). Warm colours like orange ramp up the energy in spaces where you expect activity, such as beside a pool or in an outdoor living room. Match a vibrant chair like this with dark brown deck furniture or combine it with lime accessories to really bring out its sunshine energy. Shine on!

STYLE 52

Style has a new address.

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geddesfurniture@eastlink.ca • Open 7 days a week • Shipping available to all major Canadian and U.S. centres